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Cameron Clark proves a child can lead a normal life despite having Down's syndrome.

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Monday, March 24, 2003

Conestoga College, Kitchener

34th Year — No. 10

## Disability Services hands out awards

By CARLA SANDHAM

Tears were shed, smiles were plentiful and in the end, everyone won at the Disability Services awards ceremony March 13.

While only about a dozen individuals received an award, the entire college was honoured for making it possible for all students to be successful at Conestoga.

"The college is committed to serving a full range of students. The disability services' staff here is very passionate and committed to doing what's best for the clients they serve," said Conestoga College President John Tibbits in his opening remarks.

Minister of Education Elizabeth Witmer, who was also present, said she, too, was personally thrilled by the support the college has given to students with learning disabilities. She added it was a heart-warming ceremony learning of students who have beaten their disabilities and achieved personal success here and elsewhere.

Cynthia Scott, a student in the early childhood education program, was one individual who, through hard work and determination, overcame her disability and attained success. She received the Bette Stephenson Award for Academic Excellence after earning the highest average in her first year.

Scott, who said she spends more



(Photo by Carla Sandham)

Early childhood education student Cynthia Scott receives an award for overcoming her disability through hard work and determination at the Disability Services awards reception on March 13.

hours on her work because she has to, but also because she is determined to do well, finished with a 92 per cent average.

The college named the new bursary in honour of the event's guest speaker, Dr. Bette Stephenson, who presented Scott with the award at the reception.

Stephenson, former minister of colleges and universities, is now the chairperson of the Learning Opportunities Task Force (LOTF), a government initiative testing innovative services for post-secondary students with learning disabilities.

She said she was embarrassed to

have the award named in her honour and added it should be the Conestoga College award because of the college's strong commitment to the LOTF project. "What I do is purely a labour of love. It has been the most heart-warming and most exciting time of my life."

There were also four recipients of

the June Dahmer Memorial Disability Services Award, which recognized a staff member, proctor, student and faculty for their outstanding support to students with disabilities at the college.

Roger Mainland (faculty), Monica Himmelman (staff), Paul Sherrocks (proctor) and Ken Irwin (student) were presented with plaques by their nominator or nominators, who expressed why they had chosen them.

Karen McNally, Mainland's nominator, said she would always be grateful to Mainland for what he has done for her.

"He recognized things I didn't see and encouraged me to go to disability services so I can succeed here now," she said as she shed a tear of gratitude.

And the award winners appreciated the recognition they received from their peers and those they work with.

Irwin, who was surprised by his nomination, said, "It's an honour and privilege to work with Marty (West)," who is one of about 600 students at the college with a learning disability.

Mainland said the award is special to him not only because of what it represents, but because it is named in the honour of June Dahmer, who was a close friend of his.

See Page 11 for additional story and photo.

## CBSA PR officer takes issue with executive

By DANIEL ROTH

Jessika Kunkle, public relations officer for the Computer and Business Student Association, resigned her position on March 5, citing a year of chaos, disorganization and petty behaviour from some of the executive members.

However, her skills were missed and she was asked by faculty to resume her position and help the association (CBSA) improve its image.

Despite returning to her position her feelings about this year's executive remain the same.

"CBSA's executive this year could not pull together as a team.

"Some of the people who signed up for positions could not fulfill the term, which left the CBSA's remaining executive to perform the duties themselves while scrambling to find replacements," she said.

Kunkle added that this year's executive has an ulterior motive of personal gain, which added passion to the organization but didn't fly in the organization.

"If you can't realize why you're there, you should not have accepted the position," she said.

Kunkle added a number of executives made mistakes which tar-

nished the organization's reputation.

"Some of the business conducted by the CBSA executive members was not well thought out and was not professional," she said, declining to elaborate.

"When you make a mistake like that in your personal life the consequences aren't as bad, but the repercussions are worse as an executive dealing with the public," she said.

Some of the rumours going around Conestoga College are that the CBSA is broke, the awards banquet is cancelled and that the CBSA will not see another year.

"I'm just here to say that what you have heard is wrong and so far from the truth it's preposterous."

The banquet will go on as scheduled at Bingemans on April 10.

Cocktails start at 5:30 p.m., dinner is at 6 p.m. and the ceremony will commence at 7 p.m. The end-of-the-year blow-out will follow at Sammy's Garage.

As for next year, the election for the CBSA executive team for 2003-2004 was supposed to be held on Feb. 20.

But due to lack of participation from the students, the seven positions were acclaimed, including the

presidency which will be held by Kunkle.

"When I am president next year I will know what works and what doesn't as a result of what I've learned this year," she said.

One problem with the organization is trying to get two schools to mesh.

"Over the summer the CBSA will be discussing how to best split the organization so that the school of IT and media studies as well as the school of business will each have their own student-run organization," she said, adding, "Having all the students under one organization makes it difficult to run the organization when we all have different needs and expectations."

"As CBSA president next year I will have a lot of work to do."

"I already have an amazing executive who have excellent interpersonal skills and a sound judgment of what's professional."

"This team has a lot of ideas about fundraising and promotions so next year is shaping up to be a lot of fun for anyone associated with the CBSA," she said.

Kunkle added the CBSA requires an executive with sound business minds.

"All the CBSA needs is a leader



(Photo by Dan Roth)

After briefly quitting the Computer and Business Student Association, Jessika Kunkle returned to her position as public relations officer at the urging of faculty.

with the resources to set up a comprehensive marketing plan and the team needs to be empowered.

"This organization was set up to

serve the students that it represents."

She said next year's executive team has the skills and the knowledge to restore the CBSA's image.



# CSI approves \$30,000 in upgrades

By CARLA SANDHAM

The lives of students with disabilities at Conestoga have just gotten easier.

Computer Services was recently busy installing and updating hardware for the adaptive technology computer lab, after Conestoga Students Inc. approved \$30,000 worth of upgrades.

The lab, which had old equipment and software, is now full of high-tech, modern equipment designed to help students with learning and physical disabilities do their work.

"It's wonderful to have all this new equipment," said Susan Turton, who works in the lab. "It's state of the art and students love it."

CSI President Jon Olinski said he had not realized how old the technology in the lab was.

"When I found out that we were putting students who are already at a disadvantage, or who require

equipment that supports a high level of technology, at a greater disadvantage, I knew something needed to be done as soon as possible," he said.

Students first got a taste of the easy-to-use programs and equipment after the college was chosen to participate in the Learning Opportunities Project, which was a government initiative testing innovative services for post-secondary students with disabilities.

The funding for the pilot project ended in May 2002, but the college continued support for the lab.

"CSI approved the money collected from the technology enhancement fees, which all full-time students pay into with tuition each year," said Francesco Robles, who is on the CSI board of directors and Conestoga College board of governors.

However, Robles said there was some resistance to approve the funds for the adaptive technology.

He said the association was slow to accept the recommendation for upgrades because of a misunderstanding about an Ontario Student Assistant Program (OSAP) bursary.

"It was a lack of knowledge," Robles said.

But, Olinski said he was not aware of any previous call for funding for the lab and added the request must have been made to the college, not CSI.

The new hardware and technology updates include four new 19-inch monitors, optical mice, Windows XP and other software upgrades.

Turton said the three main programs used in the lab are Kurzweil 3000, Dragon Naturally Speaking and Inspiration, which were all on display at the recent Disability Services Awards reception.

Kurzweil provides both an audio and visual presentation of scanned tests and images. It also has a talk-

ing dictionary and by using a high-lighting tool can create study notes.

And for students who may suffer from carpal tunnel syndrome, Turton said Dragon Naturally Speaking is a handy tool. The software allows a person to speak naturally into the computer as it types their document for them with simple voice commands.

Inspiration is a visual-thinking tool that helps clarify and organize ideas and information. Turton said it is designed for people who prefer to think in pictures rather than words.

She added 90 per cent of students who use the lab have learning disabilities, while 10 per cent are physically disabled. These students are also accommodated with a special computer station designed for a wheelchair.

Although the new equipment and adaptive devices are a step above, Turton said the lab could still use more funding for additional soft-

ware and hardware.

"With about 600 students (about 10 per cent of Conestoga's population) registered with disability services, one lab with only 20 computers is sometimes not enough," she said.

But, she and others such as James Cunningham, a robotics and automation student, do appreciate the current improvements.

Cunningham, who was working on the mechanical desktop, said the program was only on one computer before and he always had to wait to use it. But now it is on several computers with an optical mouse, which also makes it easier for him to use.

"It's a lot better," he said.

Olinski said he is also impressed with the "top-of-the-line" equipment.

"I am satisfied that a lack of proper technology will no longer be a barrier to students' success," he said.

## LRC to undergo facelift

By DIANA O'NEILL

For the first time in eight years, the Learning Resource Centre will be expanding.

The project will cost approximately \$1 million and will extend the Learning Resource Centre (LRC) out over the balcony towards the pond.

Catherine Wilkins, director of learning resources at Conestoga College, said funding is coming from SuperBuild, a program sponsored by the Ontario government. Multi-year investments have been made on behalf of the government to renew and expand the province's highways, community centres, hospitals, universities and colleges.

"The money was saved by the college specifically for this purpose," she said, adding, "This was the best way to create more space

for the students. In today's world, students need greater access to resources and part of that includes places for study and research."

**"As the college grows the LRC needs to grow with it."**

*Catherine Wilkins,  
Director of LRC*

The expansion will see 196 seats added for the students, as well as electrical outlets at about half of the work stations for the use of electronic devices such as laptops. Space will be divided throughout the area by shelves for books. The expected end result will be a large, open area with plenty of glass.

Planning has been under way

since this time last year, Wilkins said. "Space was a problem, judging by the activity level," she said, adding, "With all the college growth and the double cohort, these changes should be made to comply with the college's library standards."

Construction will begin March 31 and is expected to be completed by mid-August. The LRC will still be accessible during the summer months, but signs will be posted warning of the noise.

The expansion is an indication that more emphasis is being put on the learning resources for students. This is an exciting time, Wilkins said, explaining that building the collection for students will enhance their learning environment.

"As the college grows, the LRC needs to grow with it," she said, adding, "It's time to do that now."

## New manager of LRC brings enthusiasm and experience to job

By DIANA O'NEILL

A man who is ready to tackle the challenges ahead has filled the new manager position at the Learning Resource Centre.

Francesco Lai welcomes the changes that will result from both the Learning Resource Centre's (LRC) expansion and the recent institute of technology and applied learning (ITAL) status earned by Conestoga College.

"I see the LRC evolving quite rapidly since the college is now ITAL," said Lai, adding, "A lot of work needs to be done to handle these changes, but I know the staff here are looking forward to making things happen."

Previously, there was not an information resources manager position, but due to the continuing growth of the college, it was introduced to help things run more smoothly at the LRC.

Lai's previous work history and enthusiasm are sure to be a positive combination for not only the LRC, but also the college. The London native has a master's degree in library and information science, as well as a BA honour's degree in both history and English from the University of Western Ontario.

The 38-year-old has extensive training that has allowed him to work across Canada, in places such as Calgary, Thunder Bay, and Nova Scotia. "I enjoy travelling quite a bit," he said, adding, "And I've always liked work that keeps my mind active."

At the college, Lai hopes to improve all aspects of the LRC. "We're looking at the existing programs and the upcoming applied ones and trying to push forward the virtual aspect of the library," he said, adding, "One thing I find really important is to bring the resources to the user."

Lai hopes on working closely

with all faculty, in order to see what they require for their students. "The LRC can help build up what's necessary for them to bring the proper resources to teach their students," he said, adding, "We're just working towards increasing what we can offer (the students)."

**"I see the LRC evolving quite rapidly since the college is now ITAL."**

*Francesco Lai,  
Learning Resource manager*

The LRC is not only expanding physically, but also in terms of accommodating the overall growth of the college. The resource system will be changing internally quite a bit, which Lai said is natural. "It's (the LRC) never going to be stagnant," he said, adding, "We're always looking for ways to better serve our client, that being the student."

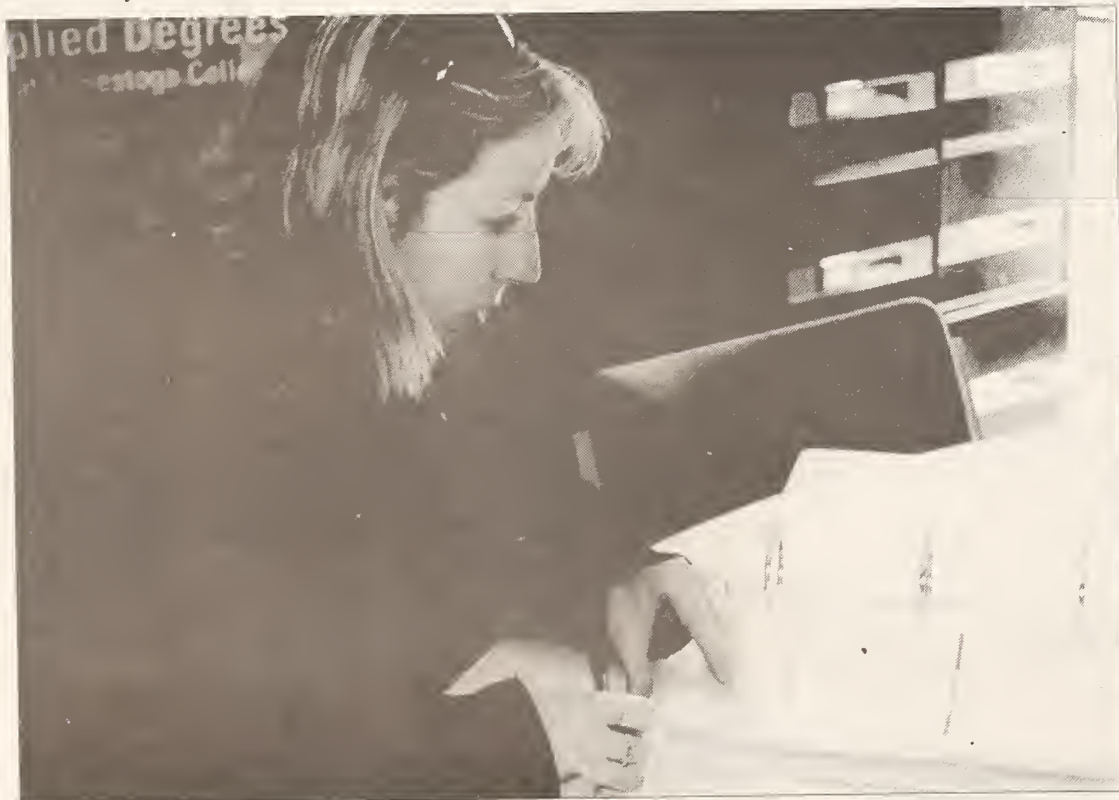
As information resources manager, he hopes to better present the material and further expand the resources that are within the LRC.

Lai has been at the college since late January and enjoys being a part of the growing environment. "I find people here are extremely nice and the students are energizing."

"I have heard nothing but good things from people that have worked here for many years and that's a sign that they're committed to making their career here."

Lai said he and the other LRC staff are working to make the overall environment better for the students.

"I like looking at the big picture and having a challenge, but a good one," he said, adding, "I think with the end result, the clients will be pleased."



(Photo by Sarah McGoldrick)

### The search is on

Electrical engineering technology student Brigitte Savignac starts her search for a job using the binders in the Career Services office.



# Don't be a victim The winter that would not die

By AIMEE WILSON

The number of sexual assault and date rape cases is high in Waterloo Region.

This is according to Cathie Cullen, a registered nurse at the Waterloo Region Sexual Assault Treatment Centre (SATC), who said the reason for this is because the city has two universities and a college.

Cullen, who has been with the centre for two years, spoke to students at Conestoga Residence and Conference Centre March 11. Around 25 to 30 students showed up to hear Cullen's information and advice regarding this subject.

"We see a lot of date rape drugs," she said, adding, "Eighty per cent of these cases involve drugs."

According to Cullen, alcohol is the number 1 drug involved in date rape and sexual assault cases. It is easily accessible and popular within the college and university scene. Cullen advised students never to leave their drinks unattended, never accept drinks handed to you and to watch the bartenders make your drinks. "Sometimes, the bartenders are in on it," she said.

Signs to watch for include the feeling of extreme intoxication after consuming a non-alcoholic beverage or only a small amount of alcohol, dizziness, confusion or sudden feelings of drowsiness. Sedative substances can affect the ability of consciousness and memory under the drug's influence.

If a person is feeling abnormal while at a bar or club, they are advised to contact family, friends, police or a bouncer. "Bouncers are trained to look for signs," Cullen said. It is also a good idea to always be with someone who is sober to make sure everyone is OK.

Last year, the centre treated 250 victims. "It's pretty high," said Cullen. The common age group treated is 18 to 22 year olds.

The centre works on a 24-hour call basis out of St. Mary's hospital and Cambridge Memorial Hospital. "The youngest we've seen is five years old," said Cullen.

Other date rape drugs mentioned at the presentation were gamma hydroxybutyrate (GHB) and flunitrazepam (Rohypnol). According



(Photo by Aimee Wilson)  
Cathie Cullen, a nurse with the sexual assault treatment centre, provided information on date rape and sexual assault at the Conestoga Residence and Conference Centre on March 11.

to Cullen, GHB is readily available and easily made. Benzodiazepine, common sleeping pills and antihistamines have also been used in cases. Although there have been rumours that some date rape drugs result in sterilization, Cullen says there is no such thing.

Victims have authority over how thorough they want to be examined by SATC. If the victim chooses to have evidence collected, a SATC physician would be called. The police will also be called if the victim wishes. A SATC social worker would also be present to offer counselling at the hospital as well as afterwards, if required.

Students at the presentation were

able to see a sexual assault evidence kit. The kit is brought to the hospital on every call to do necessary treatment of sexually transmitted diseases, and assessments and treatment for pregnancy.

When victims leave the hospital they receive information on recommendations for follow-up treatments, the names of the social worker, physician and nurse who tended to them, names of police officers involved if necessary, a list of the treatments they received and information on sexual assault.

Cullen advises people who think they have been sexually assaulted to contact the centre or police. "Call, because there's help," she said.

By JASON NOE

It felt like it would never end, but now it seems that winter is finally retreating.

The past four months have been filled with snowstorms, flash freezes, and, of course, cold temperatures.

Canadians are known for their resiliency towards winter, but most of us probably wondered, when is this cold stuff going to end? There were countless mornings and nights the temperature felt like we were living in the Yukon, instead of in Ontario. But, was this past winter colder than previous ones?

"We originally thought this winter was going to be milder."

Kari Brintnell,  
Environment Canada

"We originally thought this winter was going to be milder because this is an El Nino year," said Kari Brintnell of Environment Canada. "But because of a cold vortex of arctic air that moved down and affected parts of Canada, the weather was colder than had originally been anticipated for this winter."

El Nino is thought to occur when there are changes in the normal patterns of trade wind circulation. The winds normally move westward, but for reasons not yet fully understood to meteorologists, the winds can become reduced or even reversed.

This is why Canada has experienced unseasonably warm temperatures through the different seasons.

"The forecasts are given for a three-month period for each season by Environment Canada," said Brintnell. "We even have the outlook for spring posted on our Web site, predicting what the weather will be like for the upcoming season."

"January and February were much colder than previous winters," said Rob Hounsell, an

employee of a weather station that monitors conditions, in Kanata, near Ottawa. "However, December was milder than normal."

"The previous four winters have been mild in Ontario," said meteorologist Bob McIntyre of the New VR television station in Barrie. "The colder temperatures may last longer this year."

"This winter has been consistently colder than the last nine," said meteorologist Harold Hosein of the City Pulse television station in Toronto. "Basically, the upper atmosphere's flow was directed farther south than before. At this time it appears that we have seen the last of the extremely cold air, and we may be heading toward above normal temperatures for the spring."

Last spring, people in Ontario were treated to unseasonably warm temperatures that made it feel like it was summer in April. Then the record-breaking heat wave ripped through Canada last summer creating havoc for farmers.

The heat damaged most of their crops, and the lack of rain caused a severe drought, especially in the prairie provinces. Farmers in Manitoba and Saskatchewan had to have hay delivered to their animals from Ontario farmers because of the drought.

Environment Canada is also predicting that this summer will again be extremely hot.

Environment Canada is currently predicting that Ontario is going to have a colder spring than experienced over the last few years. British Columbia and the Yukon will be experiencing the warmest temperatures during April and May.

But, Environment Canada is also predicting that this summer will again be extremely hot for every province right across Canada. Through the months of June, July and August, they are predicting above normal temperatures.

## College Royal more than just cattle

By JEFF MORLEY

Organizers at this year's 79th annual College Royal at University of Guelph tried to show that event is not just an agricultural tradition.

This year organizers included more events from the school's colleges at the open house.

While the livestock show, square dancing and the logging competition have long been a part of the 12-day event, the university has tried to integrate more diverse and unique programs for the public to enjoy.

Programs, such as the chemistry magic show or the photography contest attempted to appeal and cater to more different people.

Summer Holmes, a member of the student executive that organizes and runs the largest open house in Canada, says the event isn't just agricultural.

This year marked the 25th anniversary of the fashion show and the 50th anniversary of the dog show.

"We are also hoping that more colleges and clubs be involved, not just the OAC (Ontario Agricultural College)."

The third-year art history student said that 30,000 to 35,000 people were in attendance this year.

Holmes explained that the event is special because it is entirely organized and run by students, while being open to the public.

"It gives us a chance to show off

to the community and to each other from an entirely student perspective."

Jackie Knoll came to College Royal to watch her daughter and her Australian shepherd in the dog show. "I came to see the dog show and to see all the other things here."

Jeff Young brought his two sons to see the sights.

"It's a good opportunity to get the kids out of the house on a beautiful day," he said. "We normally take them to the science show every year. This year we saw the photography contest. It was great."

For more information about College Royal go to their Web site at [www.collegeroyal.uoguelph.ca](http://www.collegeroyal.uoguelph.ca).



(Photo by Jeff Morley)

Reza Imamidoost, a graduate student at the Ontario Agricultural College, probes around in Snowflake's stomach. The cow is used as a teaching tool and for research.



## Have respect for public officials

We may not always like the way politicians in this country handle certain policies that come under their jurisdiction, but we should remember that they are human beings and deserve to be treated with respect — not to mention the fact that our votes elected them to office.

This respect was definitely lacking on March 10 when Education Minister Elizabeth Witmer was jostled, heckled and allegedly punched when leaving a meeting of the Catholic teachers union.

The minister had agreed to participate in this meeting but was met with hostility. From the outset it was clear that the union had only invited her because of protocol and not out of respect for her position in provincial government.

In the Hamilton Spectator it was reported that when Witmer arrived at the hotel to make her speech, she was told by union officials that the teachers did not want to hear what she had planned to say. Instead of a speech they wanted her to give a few opening remarks and then answer questions.

The same article went on to say that Liberal leader Dalton McGuinty and NDP leader Howard Hampton were given an earlier opportunity to deliver their comments without any incident of disrespect.

Witmer agreed to keep her comments to a minimum, foregoing her speech and answering a few questions, but when she made her way out of the room, the childish behaviour occurred.

This action went too far. These people were supposed to be professionals in whose care we leave our children and they behave in a manner we wouldn't even expect from their students. What kind of example is this to set?

The extreme unprofessionalism of the action did not go unnoticed and the head of the union did send an apology to Witmer the next day, but an apology should not have been necessary since the action should never have been taken.

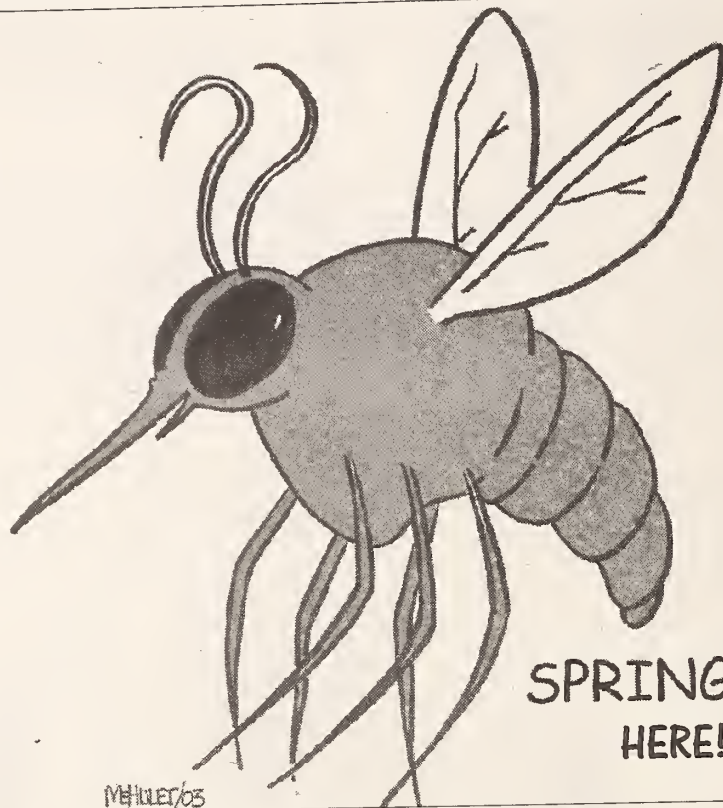
Kathy McVean, the outgoing president of the Ontario English Catholic Teachers Association, sent the letter expressing her deepest apology to the education minister.

In the Toronto Star, McVean is reported as saying that the association does not condone violence and a full investigation will be conducted to determine the involvement of members of the union.

For her part, Witmer appears to have taken the whole episode in stride. She did not appear overly shaken at the time and graciously accepted the apology. What else could she really do after all?

Even if Witmer's policies as education minister are not something you agree with, such action is not the answer and is unlikely to promote any kind of change. She may have gotten a little wet from the water thrown on her, but is she really going to change her policies because of such an action?

If students had acted in such a way, would their demands be given into? More likely, they would be punished, which is exactly what needs to happen to these people.



## Keep the french in fries

Right now in the United States, there are parents who cannot afford to give their children three meals a day. There are people who need help battling a drug addiction. There are people who have just lost a loved one to an incurable disease. These are just a few of the thousands of examples of the suffering taking place in the U.S.

But instead of doing something constructive, such as combating these kinds of problems, the U.S. government has decided to waste its time by doing ridiculous things. Two weeks ago legislators urged restaurant owners to change their menus to protest France's opposition to the attack on Iraq. Instead of serving french toast and french fries, some restaurants will now offer freedom toast and freedom fries.

This has to be the most ludicrous thing I have ever heard.

First of all, this does nothing to hurt France. Certainly, it may cause a stir in the media, but it's not like France gets a commission off everything sold in the U.S. that begins with the word french. Secondly, french fries aren't even from France, they originated in Belgium. The name has nothing to



Lesley Leachman

Opinion

do with France; the term refers to the style of how the potato is cooked.

Also, North America is one of the few places that even refers to them as french fries. In Britain they're called chips and in France they're called pommes frites (fried apples).

The U.S. claims that France has too easily forgotten the sacrifice that American soldiers made for them during the First and Second World Wars. Some Americans believe that without their help, France could be a part of Germany right now.

However, while the legislature is busy drudging up history, they shouldn't forget the American Revolution. If it weren't for the military aid the French provided for them during their battle with Britain, the U.S. might not have gained its independence. It is believed that the supplies of French gunpowder secured America's vic-

tory at Saratoga in 1777.

And where does the United States draw the line? Is the United States going to alter the title of everything that bears the name of a country that opposes them? What about Germany? Are they going to start referring to German measles as freedom measles?

And what if Canada opposes the war? Are Americans going to start saying, "Oh look, the freedom geese are flying back home for the summer?"

Changing the name of something just because a nation has an opposing view is just ridiculous. And it's also hypocritical on the part of the U.S. The United States is advertised as being the land of the free. People are supposed to be able to speak their mind, no matter what their opinion is. But apparently France cannot have its opinion on the war. Evidently freedom of speech in the U.S. only applies as long as you agree with everyone else.

If the U.S. is so concerned with keeping the world free of terrorists and tyrants, then it should concentrate on that. Changing the name of something in order to oppose another country is simply a waste of time.



### Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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# Professor says Bush shouldn't be impeached

By PETR CIHACEK

"Bush is the most incompetent and dangerous president in living memory."

This is according to prominent Australian Labour MP Mark Latham.

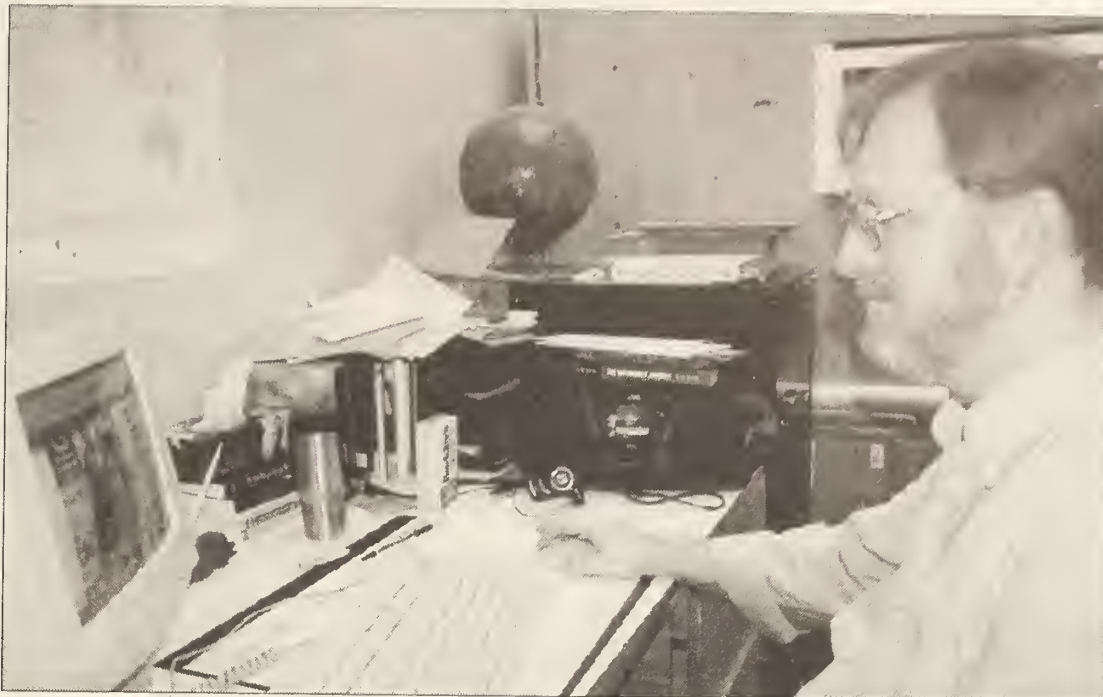
And Latham is not the only well-known individual to make such a comment about American President George W. Bush in connection with his plans to attack Iraq.

Harold Pinter, a respected British playwright, described Bush as a "hired Christian thug," and Francoise Ducros, the chief spokesperson for Prime Minister Jean Chretien, caused a lot of controversy by calling Bush a "moron." Frustrated by the Iraq crisis, Canadian Liberal MP Carolyn Parrish promptly described all Americans as "bastards."

And there are groups and individuals that go even further.

"We're demanding an impeachment," said Carol Brouillet, a member of the Californian chapter of the Women's International League for Peace and Freedom (WILPF). "We think Bush is a criminal. He stole the election; he's committed many crimes against the people of Texas and America."

Brouillet also said after the Sept.



(Photo by Petr Cihacek)

Conestoga College politics professor Michael Dale says demands for Bush's impeachment are unrealistic, even though he understands the feelings of people who make such demands.

11 attacks Bush's administration started attacking people of Middle Eastern descent and gave sweeping powers to the FBI. She compared it to Adolf Hitler who also used a terrorist attack as an excuse to severely curtail civil liberties of the

German people.

"That's exactly what Bush is doing now," she said. "The worst terrorists in the world are in the White House."

According to Brouillet, Bush has been quoted saying that everything

would be easier if he was a dictator.

"And that's exactly what's happening in his administration."

She also said organizations such as WILPF used to be ignored by the mainstream media but it has changed because of the worldwide

demonstrations against the war on Iraq.

"The best solution (for the Iraq crisis) is to impeach Bush and stop him from threatening Iraq," she said, adding that the UN sanctions should stop so the Iraqis "have access to food and medication."

Conestoga College politics professor Michael Dale did not think the idea of getting Bush impeached was realistic.

"I can understand their sentiments," said Dale about WILPF and similar organizations. "But there are no grounds for Bush's impeachment."

Dale explained that within the U.S. constitution, a president cannot be impeached unless he commits a high crime or treason.

"(Bush) is following the course he thinks is right," said Dale. "Folly and short-sightedness are not the grounds for impeachment."

When asked about the right solution for the "Iraq crisis," Dale said that he did not think that there was any crisis to solve as Saddam Hussein did not do anything to raise security concerns.

"Nobody wants to say why the focus went from Osama bin Laden and al Qaeda to Saddam Hussein and Iraq," he said.



(Photo by Denis Langlois)

## Just ducky

Spring has finally sprung. After one of the coldest winters in years, robins, puddles and other signs of spring are out in full force. More than three dozen ducks enjoyed the warm day by taking a swim in a stream on March 16. Spring officially began on March 20.

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## From the Sanctuary

### You never know

Spring Break has come and gone. Midterm exams are finally over. The temperatures are starting to creep up into the seasonal norms. Yes, the wonderful time of year has come once again. Spring is in the air, and this means more than just the start of spring cleaning for some, and finally taking down the Christmas lights for many others. For students at Conestoga College, this means that this is the start of the 'home stretch'. Only five weeks of school remaining until the much anticipated summer vacation. Eighteen weeks of rest and relaxation for many students, but for the graduating class, the start of the rest of their lives.

For many graduating students, the 'home stretch' is one of the most difficult times of the year. They have final exams to be written, numerous projects to be completed, and very little time to do it in. And if that wasn't enough, there are resumes to be distributed, job interviews to attend and the thought of repaying student loans looming on the horizon.

Where could someone turn for help if they needed it in such a predicament? The answer to this is very simple; their fellow classmates. Sure they might be dealing with their own situation, but when push comes to shove, a friend helps a friend in need. Whether it requires a pat on the back and a few words of wisdom to help keep them motivated, or a subtle reminder to help steer them back in the right direction, the help will be there. The only thing that you have to do is ask.

The friendships that you create while in College can not only help you during the high and low points of the semester, but also the highs and lows that you will experience throughout your adult years. The key is to keep in touch. You never know when you will need someone to talk to; someone to lend a helping hand or someone to guide you back onto the familiar path.

--Jeff Stemmler, Vice President of Communications



# Deadline for taxes April 30

By CARLA SANDHAM

The dreaded tax season is here, but for many students taxes can mean a few extra dollars in their pockets.

Most full-time post-secondary students are entitled to about a \$200 to \$300 tax refund and some may receive \$1,000 or more.

But, for students to get this much-appreciated cash, they should be aware of what they can and cannot claim on their personal tax return, which must be filed by April 30.

Lloyd Henry, client service manager at H&R Block in Kitchener, said the company is committed to students and he offered some tips for first-time filers or those just unsure of their taxes. First, tuition and education amounts for courses taken in 2002 are credited to both full-time and part-time students.

"Both amounts reduce taxes federally and provincially, but do not create a refund," said Henry.

Students also have a choice whether to transfer the unused portion of their tuition and education amounts to a parent, spouse or grandparent or to carry it forward for use in future years.

"If a student decides to transfer

(up to a maximum of \$5,000) to his or her parent the best benefit is to give it to the parent with the highest income," said Henry.

He added a T2202A is required to claim tuition. According to the Registrar, the forms were mailed to students in late February.

Henry said the slip should have the students' course description on it or else it will be rejected during a possible audit.

"As far as I know Conestoga does not include the course information and it can really hurt the students if it's not there," Henry said, adding the government will not accept it if you just write it in yourself.

But, an agent at Canada Customs and Revenue Agency said as long as the certificate specifies whether the student is full or part time and the facility is a recognized institution there shouldn't be a problem if the course description is not on it.

Another drawback students may be unaware of is textbooks and supplies are never deductible, said Henry. Therefore, culinary students can't claim their knives, journalism students can't claim their cameras and so on.

On the plus side, the first \$3,000 of a scholarship or bursary granted to a student for a program they

claimed education amounts for, is tax-free. Only amounts exceeding \$3,000 must be reported.

Another area students are familiar with is interest on loans. Henry said when paying off student loans from government agencies, such as OSAP, interest is deductible. But student lines of credit or interest on personal loans can't be deducted.

**"Under the simplified method you can deduct gas at 43.5 cents ..."**

Lloyd Henry,  
client service manager

Other deductions students are eligible for are moving expenses, Canadian Pension Plan benefits, child-care expenses and rent.

Henry said to be able to deduct moving expenses to go to school, students had to have received a scholarship. But, students moving home for summer employment can deduct expenses, such as gas, meals, truck rentals and the breaking of a lease, he added.

"Under the simplified method you can deduct gas at 43.5 cents a kilometre and three meals a day at \$11 without receipts," said Henry.

CPP benefits are also available to full-time students who are between 18 and 25 and have had a parent die. All students fitting these criteria are entitled to benefits of about \$170 per month.

And students who are also parents, whether they are single, married or common law, qualify for a portion of their child-care expenses to be deducted. Henry said qualified students must have a receipt with the babysitter's Social Insurance Number to receive the deductions.

As for rent, Henry said it's good news for students living off campus, but for on-campus residents, it's not so good. "Students living on campus can't claim rent as a deduction because cities allow residences breaks on property taxes," he said. But, he added on-campus students could claim \$25.

For those paying rent for accommodations off campus (excluding room and board which is never deductible), the year's amount can be deducted as long as it's not paid to a relative.

"Cable, Internet and utilities as well as food is never deductible," added Henry.

And lastly, all employment is taxable and reportable even if no T4

slip is issued to the student, said Henry. "This includes casual labour and tips." He also said students reporting tips should keep track because the government doesn't accept 10 or 15 per cent "as this amount is not usually correct."

So what do students plan on doing with their extra cash?

Julia Decicco, a part-time student at the college, said she is going to pay off debts with her refund.

But, Dan Clarke, a first-year marketing student, said he's going to have fun with his extra money. "I'm going boozing."

And to help students prepare their taxes, Henry said H&R Block offers students a \$49 flat rate fee to e-file a regular return.

## WHAT YOU MAY NEED TO DO YOUR TAXES:

- T2202A (for tuition and education amounts)
- T4s (taxable employment)
- Babysitter's receipts
- Rental receipts (or letter from the landlord)
- T4AP (CPP child benefits slip)
- Receipt for interest paid on a student loan

# Comedian a no-show at Sanctuary

By JASON NOE

The stage was set up and the audience had gathered around, but the comedian never arrived.

Many Conestoga students had gathered in the Sanctuary on March 12 at 12:30 p.m. to await the performance of standup comedian Ryan Belleville.

Conestoga Students Incorporated (CSI) events programmer Jody Andruszkiewicz had the unfortunate task of informing the crowd of the cancellation.

Once the announcement was made, the number of students in the Sanctuary thinned out considerably.

"He was supposed to go on stage at 12:30 p.m. and his agents didn't call me with any problems. Nobody had called me," said Andruszkiewicz. "I am extremely upset."

**"Quite honestly, this makes the CSI look really, really bad."**

Jody Andruszkiewicz,  
CSI events programmer

This would have been the first time that Belleville performed for the college, and he had been advertised for weeks by the CSI.

"Quite honestly, this makes the CSI look really, really bad," said Andruszkiewicz. "Here we're advertising events and we don't pull it off. It's one thing to cancel an event because you want to spend time promoting another, but we don't cancel nooners."

Andruszkiewicz explained they would never postpone these shows

because there is nothing else competing with them during the day.

His agent had billed Belleville as a young talent who had been doing comedy full time for quite awhile. Andruszkiewicz saw his performance at the Canadian Organization of Campus Activities conference in Guelph this summer. The conference gives school programmers from across Canada the chance to view young talent.

"I thought I would give our students something different," said Andruszkiewicz. "We've had some real top name acts in the past, and let's give some young up-and-comers a shot to get some exposure. Because he had never been here before it was a fresh face and now students still don't know who he is."

Andruszkiewicz feels this is also unfortunate because the students are coming out to see the scheduled talent, and not just having lunch in the Sanctuary.

"They come here to see live lunch entertainment which is top-notch, and they're genuinely excited to see free comedy," he said. "To go to Yuk Yuks it costs \$15 per person, and here you can see the same quality of comedy for free."

This is the second time a comedian has failed to show up. It is a situation the CSI wishes it could change, but unfortunately it is out of their control.

Last semester on Oct. 22, comedian Russel Peters failed to show after his car broke down in Mississauga while he was driving to the college.

His agent tried to reschedule the show for later that day, but unfortunately it could not be arranged because of the twisted Tuesday movie night in the Sanctuary.

Andruszkiewicz was luckily able to reschedule the show for this March, because he wanted to give Conestoga students the opportunity to see Peters perform.

This time the situation was much different because Belleville was in Los Angeles auditioning for television pilots. His agency called Andruszkiewicz later that day and informed him that Belleville would not be appearing, long after his scheduled show.

**"This is totally unprofessional on the talent's part, and totally unacceptable in my opinion."**

Andruszkiewicz

"This is totally unprofessional on the talent's part, and totally unacceptable in my opinion," said Andruszkiewicz. "Especially after having a couple hundred students in the Sanctuary that came out to see this."

"Now they are going to think that we're a bunch of idiots that don't know what we're doing, and that's not my fault, it's the talent's fault."

"I felt bad for the CSI and the guy that had to go up there and tell everyone that the comedian wasn't coming," said general arts and science student Cirby Coulter. "It's not their fault that he didn't come."

"The comedian is not setting a good example to everyone," said general arts and science student Ken Feltis. "In the working world we are expected to follow through with things, and this is kind of disappointing to see."

Andruszkiewicz still has faith in

the talent he signs for performances, and he plans on bringing back the same number of comedians next year for shows in the Sanctuary.

"Some people we're going to have back because there has been an overwhelming response; others we might not have back because there hasn't been that type of

response," he said.

Andruszkiewicz will attend the conference again this summer to scout new talent, and also to evaluate what he wants to do with the comedy program next year.

The agency representing Belleville will be giving the CSI back their deposit because he failed to perform at the college.

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(Photo by Petr Cihacek)

It is estimated that two-thirds of wolf deaths are caused by humans.

## Ontario activists concerned about wolves' future

By PETR CIHACEK

Activists, who claim that wolves in Ontario are under threat, are pushing the government to create a protection plan to limit wolf hunting and trapping.

"Wolves represent the top of the food chain and if they are all murdered, it will be a tragedy for humankind and the ecosystem," said Alexandra Kuperman, a local member of the grassroots environmental organization Sierra Club. "As an Ontarian, I feel that I have an obligation to protect the wolves."

**"The position of the ministry is that the population is sustainable and can be used (for hunting)."**

*Maria Dealmeida,  
Ontario Ministry of  
Natural Resources*

According to the environmental group Earthroots, Ontario is North America's worst jurisdiction when it comes to protecting the wolf population as there is no provincial wolf protection plan.

There is no limit on how many wolves can be killed outside our provincial parks. Raccoons are given more protection than wolves.

Maria Dealmeida, from the Wildlife section of the Ontario Ministry of Natural Resources, dismissed all concerns by saying that hunting does not threaten the wolf population.

"In recent years there hasn't been any habitat loss of the wolf population in Ontario," said Dealmeida. "The position of the ministry is that the population is sustainable and can be used (for hunting)."

But Melissa Tkachyk, from Earthroots, said Dealmeida's claims are based on outdated statistics as there has been no study on the wolf

population done since 1998.

There are 328,000 Ontarians eligible to hunt wolves and 16,000 Ontarians eligible to trap them, while there are only approximately 8,000 wolves left in the province. The wolf population in the Algonquin Provincial Park has been decreased by half since the 1960s to approximately 150 to 175 wolves.

That is another reason why Earthroots launched The Wolves Ontario! Project to push the provincial government to provide legislative protection for wolves.

"There are two parts of our campaign," said Tkachyk, who co-ordinates the program. "We're looking at the issue from the provincial and regional view."

Things started to change last November when the Ministry of Natural Resources announced a moratorium on wolf hunting and trapping in 39 towns surrounding Algonquin Park.

The decision was made because the wolves often venture outside the park where they were no longer protected.

It is estimated that two-thirds of their deaths were caused by hunters and trappers who were free to kill them as soon as they crossed the park boundaries.

**There is no limit on how many wolves can be killed outside our provincial parks.**

However, activists do not like the fact that the moratorium automatically expires June 2004.

"We're pushing the government to extend the moratorium," said Tkachyk, adding that more research is needed before the moratorium is lifted.

"The research should be there to prove that (hunting) is not affecting the wolf population," she said. "But we don't have this information."

By STACEY MCCARTHY

Students interested in Canadian politics and the country's economic future have an opportunity to voice their political opinions in a countrywide essay contest that has a prize of \$20,000.

The As Prime Minister Awards program, which is a sponsorship opportunity offered by the Magna for Canada Scholarship Fund, kicked off March 3.

The awards program is open to any student enrolled in a Canadian college or university in the 2003-2004 school years. George Marsland, Magna's director of corporate citizenship, says college and university students are chosen because, "They are our future leaders, those who present the opportunity for wonderful insights."

"Agents of change are young people. This program empowers students to develop innovative ideas and solutions."

Contestants must write a 2,500-word essay in response to a pre-assigned question. This year's question is, "If you were the prime minister of Canada, what political vision would you offer to improve our living standards and ensure a secure and prosperous global community."

The deadline for submissions is June 6, 2003 and initial selections for finalists will begin in mid-August. Fifty semifinalists will be chosen to present their ideas in Toronto to a panel of judges. Each semifinalist will be presented with a \$500 cheque and a certificate of achievement.

Only 10 finalists are chosen and given an opportunity to travel to

Parliament Hill to present their essays to the government. Each finalist is awarded \$10,000 and the offer of a four-month internship (valued at \$15,000) at Magna International Inc.

The 10 finalists, in addition to the \$10,000, will also have all expenses paid for their visit to Ottawa. "There they will have the opportunity to present bound copies of their essays to the deputy prime minister and to tour Parliament," says Marsland.

The national winner is chosen from these 10. The winner is given an additional \$10,000 and the offer of a one-year internship at Magna, valued at \$50,000.

"We suit the internships to the candidates," says Marsland. "Interns at Magna can be involved in NGOs (non-government organizations), research or health issues."

Magna International is a Canadian-based automotive parts manufacturer. It has more than 73,000 employees and branches in 22 countries around the world, and boasts more than \$13 billion in annual sales. The company contributes two per cent of its pre-tax profits as a charitable donation to the As Prime Minister Awards.

"We continue to do this as a symbol of our commitment to the importance of the program," says Marsland.

The As Prime Minister Awards was started during the 1995 economic recession. "The country was in desperate need of new visions, innovative ideas," says Marsland. "It (the program) was in response to an economic, political crisis of the time. It was an opportunity for

young people to have a hand in the future."

Those interested in submitting an essay can do so online at [www.asprimeminister.com](http://www.asprimeminister.com) and follow the provided submission form, or mail in their essay. On a separate sheet the entrant must include their full name, permanent address, phone number, name of educational institution, program name, graduation year and year of study as of November 2003.

Entrants must also include a written description of their extra-curricular activities in the academic or community environments, such as hobbies and personal interests. They must also include a summary detailing how they learned of the program, and a summary and explanation of awards, scholarships and degrees earned.

Essays will be judged on their innovative and workable solutions, and the applicant's extra-curricular activities, academic achievements and actual essay composition. Entrants must be able to articulate their visions and demonstrate an ability to understand their concepts.

The judges of the essays are independent parties - not members of Magna. "The judges are leaders in TV, radio and print from across Canada," says Marsland. "They enjoy it because it provides them with an opportunity to get a snapshot of the younger generation's values, ideas and political participations."

Entries can be mailed to Magna for Canada Scholarship Fund: As Prime Minister Awards Program, 337 Magna Dr., Aurora, Ont., L4G 7K1. The Magna foundation can be reached at 1-866-AS-THE-PM.

### COUNSELLOR'S CORNER: *Finances*

Are financial pressures creating stress for you? Is it difficult to concentrate on studying because you're not sure if you can pay the rent or buy groceries this month? There are a number of things you can do to help ease your financial worries.

If your financial situation has changed, check with the Financial Aid office to see if you can have your OSAP entitlement reassessed. They also have information on bursaries. The Conestoga College bursary is available to all students. There may be some other bursaries and scholarships available for students in specific programs. Scholarships and awards available for students in each program are listed in the Student Procedures Guide you received at the beginning of the school year.

Another way to relieve the pressure is through employment. Ask at the college's Student Employment Office (Room 2B04) for help finding part-time work during the school year or contract work for the summer. Opportunities for employment may also be available at the college through the work/study program, including working as a peer tutor. Service clubs and churches also provide support.

If you're having more immediate needs, Student Services can provide a limited number of grocery vouchers and provide access to the College/CSI-sponsored food bank.

If you would like to discuss any of these options or other ideas, please ask to speak with a counsellor in Student Services.

*A Message from Student Services (Room 2B02)*



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# Food poisoning kills 30 Canadians a year

By JASON NOE

Be careful what you eat, food-borne illnesses can quickly make you sick.

Food poisoning is a type of illness that originates from eating foods that contain harmful bacteria or toxins.

Everybody needs to eat to survive, but society forgets how easy it is to actually contract a food-borne illness. Some people may believe that only fast-food restaurants are the likely candidates to cause this problem, however, this isn't always the case. Even the trendiest restaurants are susceptible. What it comes down to are a couple of simple precautions: safe food handling and preparation.

Health Canada estimates that every year almost two million Canadians suffer from sicknesses caused by food-borne bacteria. About 30 of these cases are fatal. Almost 99 per cent of food poisoning cases relating to illness and death are never reported. This is because people often mistake a food-borne illness for the flu since many of the symptoms are similar. The symptoms include, stomach pain, diarrhea, nausea, chills, fever and headaches.

The symptoms themselves can appear anywhere from 30 minutes to two weeks after a person has come in contact with a food-borne bacteria, although in most cases it usually happens in the first 48 hours. The time delay makes it extremely difficult to link an illness with a food-related cause.

"Symptoms usually have a gradual onset and can last for several

days, depending on the bacteria ingested," said Windsor-Essex county health inspector Elaine Bennett. "Symptoms of salmonella poisoning can occur within 72 hours of eating the contaminated food. But most people begin experiencing the illness in the first 12 to 36 hours after eating the tainted food."

Health Canada sets policies and standards governing the safety and quality of all the food that is sold across Canada. It is the job of the Canadian Food Inspection Agency to enforce these policies and standards. They also are responsible for releasing warnings to the public when there is a recall or warning about a certain food.

"Foods to be aware of include poultry, meat, fish, shellfish, milk and eggs," said Bennett. "These foods are categorized as hazardous foods because they are capable of supporting the growth of bacteria."

Food can be susceptible to bacteria under a number of circumstances including, the person handling food has dirty hands or fingers, the cooked food has come in contact with raw meat that is being prepared in the same area, the food has been under-cooked, and the food has been stored in an area that is not at the proper temperature.

Bennett believes there are myths that the public has about food-borne illnesses, and how they should properly handle cooked food.

"Most people believe it is necessary to cool down food to room temperature before refrigerating. But, investigations of food-borne

illnesses have consistently revealed that improper cooling and storage in large containers have been implicated in causing 56 per cent of food illnesses," said Bennett.

Health Canada also believes that cases of food poisoning rise in the summer when more people are outside having barbecues.

Barbecue syndrome is the common name given for a type of poisoning called Verotoxigenic E. coli. Those who develop this syndrome frequently report they ate ground beef prior to their sickness. Some who become infected may not get sick at all, others will feel like they have a bad flu, and some may experience life-threatening symptoms. Most people will need seven to nine days to recover from this type of food-borne illness.

Kiki Hubbard of the Center for Food Safety in Washington, D.C., says there are other ways that E. coli can infect meat products.

"The bacteria gets mixed into processed meat through fecal matter, pus, and urine which gets mixed in with processed meats. This is a result of filthy and fast-paced operations at the plants themselves, not to mention they lack frequent and strict inspections."

Bennett says there are many things we can do to minimize the risk of contracting food poisoning.

"We must be aware of the foods which can cause food poisoning and handle these foods with care," she said.

She suggests cooking foods to an internal temperature of 74 C, as



(Photo by Jason Noe)

Food-borne illnesses in food can be prevented by safe handling and preparation.

this temperature will kill most bacteria. Once the cooking is completed, maintain the foods temperature to 60 C. This temperature will not allow bacteria to multiply if there is any post contamination.

Health Canada suggests these simple tips in order to reduce the risk of contracting a food borne-illness:

Wash hands and surfaces with hot soapy water, before, during, and after preparing foods. Always sanitize your countertops, cutting boards, and utensils with mild bleach or water solution. Also, wash all produce thoroughly before eating or cooking it.

Store and keep your raw meats

away from other meats, including during the preparation process. Use separate cutting boards for raw meats or vegetables, and always keep your foods covered.

One of the most important tips is to cook your food thoroughly. But be warned, cooking times and temperatures vary for different meats and poultry. Serve them quickly, and do not let them linger at room temperature where bacteria can begin to grow.

Always refrigerate or freeze your leftover food within two hours of preparing it. Your refrigerator should be at a set temperature of 4 C and the freezer should be at -18 C.

## Beeswax candles can help you breathe easy

By LESLEY LEACHMAN

Beeswax candles are creating quite a buzz, thanks in part to their many benefits that regular paraffin candles lack. For instance, they are non-toxic and non-allergenic.

You don't have to worry about opening a window while burning them, unlike paraffin candles which let off fumes. In fact, paraffin candles can be dangerous to your health.

According to [www.beelites.com](http://www.beelites.com), paraffin starts out as greyish-black residue from petroleum refineries. Then it is bleached, which creates dioxins, then textured using carcinogenic chemicals and then artificially scented. And candles are not the only products made with this residue.

"There are a lot of petroleum products that are considered safe but aren't," says Ian Fraser, who runs the beeswax candle company, Beelites, in Arden, Ont. "Petroleum jelly, baby oil, lip balm, and mineral oil all come from petroleum."

Check the label on some food items and you will see mineral oil in licorice and Gummi bears."

However, beeswax candles are all natural and burn clean. People have also claimed that these candles produce negative ions while burning.

Negative ions, which neutralize the positive contaminants, clean the air from dust, dust mite feces, tox-



(Photo by Lesley Leachman)

Beeswax candles are non-toxic and non-allergenic in part because they don't let off any fumes. They also burn hotter, cleaner and longer than paraffin candles. Some claim that they release negative ions which neutralize positive contaminants and clean the air.

ins, pollen, mould and some viruses.

"Anyone who has burned a beeswax candle will generally not go back to paraffin," says Jennifer McMahon, who makes beeswax candles for her store Jennifer's Baskets in Maine, U.S. "They just have so many good qualities. They burn brighter, hotter and longer than other candles. They

are becoming more popular as people become more health conscious. But paraffin candles are cheaper so unfortunately they sell better."

Beeswax candles are healthier for allergy sufferers.

"I use beeswax candles mostly because I don't have to worry about my family being allergic to any scents or toxins that are released by

paraffin candles," says McMahon.

However, it is never a good idea to burn paraffin candles and beeswax candles at the same time. The negative ion effect from the beeswax candles will cause the black soot of the paraffin to cling to the static surfaces of your room.

Health issues are not the only reasons for using beeswax can-

dles. For Fraser these candles are symbolic.

"I use beeswax candles for spiritual reasons. I use them for my meditations, as a practising Buddhist. It is the purity that (draws) me to them," says Fraser, who has been making candles for about two years. "Also, in the Catholic church they use the symbol of the beeswax candle as a representation of Christ. The pure wax is a symbol for the sinless flesh of his body. The wick symbolizes his soul and the flame his divinity."

Beeswax is also the key ingredient in many other items, not just candles.

"Beeswax is used in soaps, creams, lotions and lip balm," says Fraser.

"It has been used for centuries by sail-makers to waterproof thread and it also makes a good rust inhibitor. The list (of items) is endless."

Fraser works alone and makes about 500 to 700 candles a week. Last year he used about 5,000 pounds of beeswax, and expects to double it this year.

He collects the wax from bee yards across Canada, then cleans it and turns it into candles.

The melted beeswax is thicker than other waxes, so a coarser wick is required in beeswax candles. Fraser chooses to use fiber of jute from a local supplier. The wicks are handmade and are then added to the candles.



# Children with Down's capable of regular lives

By JULIANNA KERR

In the first moments of her son's life, Janet Clark faced a big question.

What will his quality of life be?

Cameron was born with Down's syndrome, a genetic condition caused by an error in cell division.

"I had mixed feelings when he was born," she says. "I knew the second I saw him that there was something wrong, but the word 'Down's' didn't come out at that point."

What was happening in the room after Cameron's birth was upsetting for Janet. The nurses were all in corners whispering and the doctor was trying frantically to get control of the situation.

"I was just madly saying, 'Just tell me what you think. What's wrong?'" Janet says. "And they were saying, 'Well, he doesn't look normal.'"

After begging for the doctor's professional opinion, Janet says the word "Down's" finally came out.

"But they wouldn't really talk much about it," she says. "They said they'd have to do all the genetic testing before it could be confirmed."

Looking back, she says she hopes future mothers won't have to deal with that kind of stuff. She thinks it would be much easier on the mothers if the medical staff could be upfront and honest about the situation and what they think is going on.

"At the same time," Janet adds, "I was very lucky that Cameron wasn't ill. A lot of these babies are born and they're ill right away and can't sustain life."

As it turned out, Cameron was quite a healthy newborn and Janet's fears about quality of life faded a little.

Then came the questions about how Down's syndrome would affect Cameron's learning abilities.

"You have some children who are profoundly affected and you have those who are only mildly affected," Janet says. "But to be truthful, you don't know which it is until you're working with the boy and he's growing."

Cameron is progressively learning things, but Janet still wishes she had a crystal ball to see the future.

"I remember when he was born, they said the magic year would be when he was seven years old. That's when I'd know the severity level."

"Well, seven came and went and now he's eight, and I still don't know," she says.

But Janet tries not to worry too much about the unknowns. She and Cameron have a nice routine going and it seems to work quite well for them.

"Sometimes you go through really dark days," she says, "but then you'll have a really great day."

"The advantage with Cameron is that I can see him work so hard to accomplish things that it makes me feel really good for him when he finally does it."



(Photo by Julianna Kerr)

Cameron Clark was born with Down's syndrome, a genetic condition caused by an error in cell division. But he leads as active a life as any other eight-year-old boy.

And that's what keeps her going — the accomplishments of a little boy who tries so hard. That, and the support she gets from family, particularly her sister, and a helper who comes to her house about once a week.

As a single mom, Janet finds it incredibly difficult to have much time to herself. She is divorced and although Cameron does stay with his father, they don't really have a regular visitation routine at this point.

But Cameron does well in his own home.

"He really loves this house," Janet says. "He knows the house and I really don't need to be right beside him at every moment here."

Cameron's also comfortable at school. He attends Crystal Bay, a special needs school in the Ottawa area.

"They're really good with him," Janet says of the school's staff members. "They even give me suggestions."

"If I have a problem with something at home, all I have to do is call them and they've got a million ideas."

Crystal Bay has a specialized curriculum based on individual assessments of the children. The school also has great activities for the kids. Cameron swims every other week and even gets to go horseback riding.

He is also in an integrated class, so he attends regular kindergarten every other Monday morning. It's a great opportunity for him, but Janet fears it isn't enough. For now, though, one morning a week seems to be all the budget will allow.

These days, Cameron's having some problems with the ligaments and tendons in his knees. They stretch but don't snap back into place like they should. Surgery is

the only real option, and would most likely be successful. But there's a catch.

"If things continue the way they have been," Janet says, "he'll need to have surgery in another seven or eight years because the problem is actually with his genes."

"So if he uses that joint overly, he'll stretch it out again and he'll only have to have more surgery."

Janet is currently trying to get a wheelchair-type stroller for Cameron, to minimize the strain on his knees. The one she has looked at costs about \$5,000 and she can't afford it, so she's trying to get some help with that. One organization has already turned her down, saying Cameron doesn't qualify because he's developmentally disabled, not physically disabled. In any case, she'll keep trying.

In spite of financial stress, health concerns and an insanely hectic schedule, Janet and Cameron have a good life together. Janet's full-time job means that Cameron spends a fair amount of time at day care, so when they are home together, they make the most of it.

They sing and they play. The love they feel for each other is evident. They delight in each other and they make a great team.

For now, they live one day at a time and try to make the most of every moment together.

As for the future, Janet doesn't have any answers.

"My goal is just not to prevent him from being able to do things," she says. "I have to make sure I let them happen."

"It's hard though. You don't want to set him up to fail, but you don't want to hold him back either."

But there's one thing she is sure of.

"Cameron's just a normal little boy."

## Down's syndrome does not define a person

By JULIANNA KERR

I know a boy who was born with an extra chromosome.

That pesky little thing causes him problems. He has some trouble communicating. He has respiratory problems and some knee troubles. He's different. People set him apart and compare him to "normal" children.

He is my cousin and he has Down's syndrome.

Down's syndrome is not a disease. It is a genetic condition which is caused, as far as medical science is concerned, by an error in cell division when extra chromosome material is present at conception. Most of us have 46 chromosomes — 23 from mom and 23 from dad. A person with Down's has 47. This condition affects physical and intellectual development.

The Calgary Down Syndrome Association says the range of developmental abilities for children with the condition are from moderate mental disability to near-normal development. The majority of individuals are mildly to moderately disabled.

I have found, in speaking with people, there are many myths about Down's syndrome. One of the most common is that women over the age of 35 are the most likely demographic to have babies with Down's.

In fact, the Down Syndrome Association of Minnesota (among many others) says 80 per cent of babies with the condition are born to women under 35, primarily because those are the women having the most babies. While the likelihood of giving birth to a baby with Down's increases with maternal age, the average age of a woman giving birth to a child with the condition is 26.

Numbers vary, depending on where you look, but my research has led me to a common belief that Down's syndrome occurs in approximately one out of every 750 births. It is accepted as fact that Down's syndrome is the most common chromosomal disorder.

Other misconceptions I've encountered in my research include short life expectancy and the inability of the individual with Down's to ever experience independence.

While serious heart defects can be quite common in the babies born with this condition, many of the problems can now be corrected by surgery.

The Down Syndrome Association of Toronto says the majority of individuals with the condition are expected to live an average life span.

As far as independence goes, every person with Down's is different, just as every person

without the condition is different. An adult with Down's syndrome aspires to participate in community life, just like everyone else — education, employment, recreation and social and family life.

Although not every person with the condition will be able to function completely independently, many adults with Down's have jobs and apartments — just like the rest of us.

My cousin is just like every other 8-year-old kid I know. Granted, I don't know too many kids. But he's rambunctious and hyper and he loves Spider-Man. He loves singing and watching videos. He loves playing with his friends and his toys, and he loves driving his mom crazy with his boundless energy.

The only real difference I see is that he has some difficulties getting his point across sometimes. I don't see him very often, so it can be hard for us to communicate. He's very intelligent and gets visibly frustrated when I just don't get what he's trying to tell me. It's been hard for me to know how to respond to him. When he realizes I don't understand him, he tends to give up and go on to someone else. I don't understand his sign language, and I have a hard time recognizing his words.

Until Christmas, that is. We never seemed to get it together until my mom let me in on a little secret — it's all about the music.

If Cameron was frustrated or distracted, all I had to do was start to sing — especially Christmas carols. Or the theme to the Spider-Man cartoon. He would stop what he was doing immediately and come right over to me, eyes wide, singing along. I started off too quickly, not realizing that he loves music so much, he always wants to join in. So I slowed down and we sang Jingle Bells together. And there was suddenly this bond between us that had never previously existed.

I saw him about a month ago and he called me by name — something that has never happened before. He danced around and sang for me, and sat on the floor and played with me. He even sat still long enough for me to snap a few photos.

Cameron's like every "normal" kid around. In fact, he is a normal kid. He has health issues that must be addressed, and he's still too young for it to be really clear how Down's syndrome will ultimately affect him, but he's just a kid. And he's a great kid. I bet he'll be a caring, hard-working adult — just like the rest of my family.

I just hope people can get to know him and see him for who he is and not for his differences.



# Woodchuck shines at 15th annual wood show

By NICK HORTON

How much wood could a woodchuck chuck, if a woodchuck could chuck wood?

Well, about \$25,000 worth, according to "Woodchuck" Charles Bernard, who was a participant at this year's 15th annual K-W Wood Working Show, held March 14, 15 and 16 at Bingemans Park.

Bernard is internationally renowned for his unique style of carving. At this year's wood show, he displayed many extraordinary pieces of work which he built over his 27 years of carving.

The most noticeable was a large, picturesque carving incorporating every bird, animal and flower representing every one of Canada's provinces and territories. The

piece took him two years to complete, working six days a week, eight hours a day. The piece has a price tag of \$25,000.

Bernard practises what is called high-relief carving, where the wood is carved in 3D. One can actually put his or her finger in behind the image carved in the wood.

Bernard has been featured on the CBC show On the Road Again with Wayne Rostad and was also featured on Arthur Black's final season tour of Canada on Basic Black. During a visit to Dieppe, N.S., Prime Minister Jean Chrétien was presented with one of his carvings.

Bernard's wife Cheryl, the "Woodchip," says people love the

Woodchuck.

"He used to be in theatre ... his personality, his work, draw people in," she said, pointing out a family who were captivated by the Woodchuck and his work for more than an hour.

She also takes credit for inspiring him to turn his hobby into his profession after seeing what he could do.

Bernard is 55 years old and is the 12th kid in his family. He is self-taught, but learned the basics by practising carpentry with his dad, who would always get him into the shop.

"What I thought was punishment at the time, was actually a blessing," he said.

His ability using a chisel has led to sales all over the world, including as far away as Japan and Switzerland.

Despite his popularity, Bernard says many judges don't like his work because it looks rough and unfinished. He says that is the way he means it to be, pointing out a worn and torn floor in one of his carvings.

"The edges on this floor aren't exactly straight because they aren't supposed to be, the floor is old and has chips in it," he said.

When asked if all of his work is for sale, Bernard replied, "My body is for sale."

Bernard professes that despite all the awards he has won, which are many, and the money that could be made, he is broke. "It cost me \$2,000 to be here and I am not going to make a dime," he said.

Included in the middle of the display is his coffin, which he made



(Photo by Nick Horton)

Crowds look over the displays at the 15th annual wood show at Bingemans Park March 14, 15 and 16.

and is to be buried in. It chronologically features his life story carved around the sides. A space at the end of the story has been left open for someone to carve when he dies. Included on the coffin is an opening where one can drop a toonie to pay for his way back to Nova Scotia from Kitchener.

Bernard obviously isn't in it for the money, he is in it for the people and the way he can make people feel. "Every once in a while you touch someone's soul," he said.

The K-W Wood Show attracts many different vendors and many different people because it has so much to offer.

Included in the weekend show was Canada's largest woodcarving

competition, a kid's workshop and seminars by John Sillaots, host of HGTV's In the Workshop.

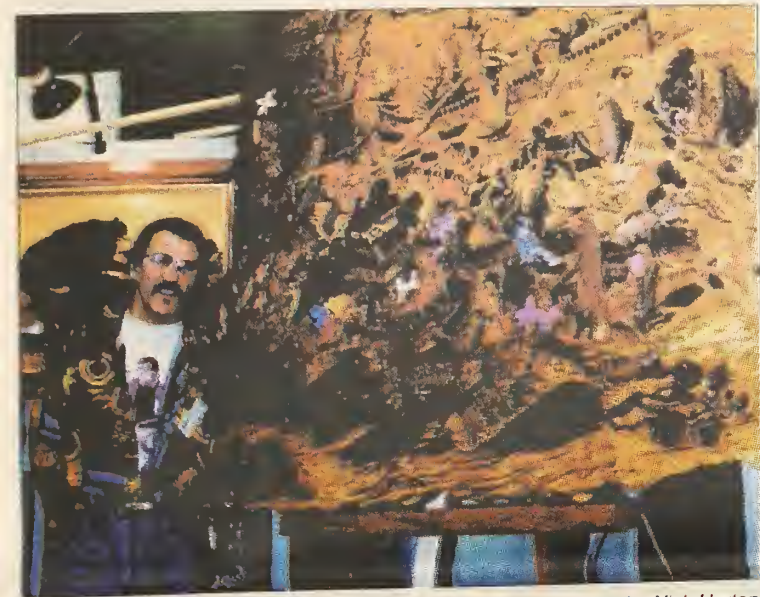
Show co-ordinator Kathy Beaumont says everyone in the family is invited.

"Most of the people that come here are hobbyists ... it's an event for the whole family," she said, adding having reputable vendors are the key.

"People are looking for everything they need under one roof; this is the place," she said.

Hugh McGill, a representative for a vendor at the show, shares the same opinion.

"It's a common interest group. People come here for woodworking tools and that's what we sell."



(Photo by Nick Horton)

Charles 'Woodchuck' Bernard shows off one of his carvings. Bernard has been carving for 27 years.

## Monica Himmelman receives the June Dahmer award at ceremony

By AIMEE WILSON

She was greeted with a smile, teary eyes and a big hug.

Monica Himmelman, alumni services officer, received the June Dahmer award in the support-staff category at the Disability Services awards ceremony March 13.

Sandra MacKinnon, a student in the human services foundations program, nominated and presented the award to Himmelman at the ceremony.

"Without her, I would have given up," said MacKinnon.

The June Dahmer award was presented in four categories to recognize those who have shown concern and sensitivity to the needs of students with disabilities.

Himmelman had been teaching the life-span elective course at the Waterloo campus when she met MacKinnon.

"Two days into reading the text-

book I was stuck and panicking," said MacKinnon, adding, "I called Monica at home choking back the tears of not being able to understand what I was reading." Shortly after, Himmelman put her in contact with disability services. Before long MacKinnon was being tested for learning disabilities. "We buddied up," said Himmelman, adding, "I just always continue to be there for her."

According to Marian Mainland, co-ordinator for Disability Services, almost 600 students with disabilities currently attend Conestoga College. "That's almost 10 per cent of the college population," she said. With that many students the staff at disability services rely heavily on the help and support from faculty and staff.

"Monica is such a wonderful person in terms of helping students," said Mainland, adding, "She provides outstanding support for students with disabilities at Conestoga College."

Not only does she lend emotional support, Himmelman helps students understand and cope with their disabilities.

"I know she is one of God's angels and that he has put her in my life to guide me," said MacKinnon.

Also present at the ceremonies was college president John Tibbits, Elizabeth Witmer, minister of education, and Dr. Bette Stephenson, former minister of colleges and universities, who presented an award named in her honour. Stephenson is presently the chair of the Learning Opportunities Task Force.

"The people in this area (disability services) are very passionate," said Tibbits, adding, "They are absolutely committed to the clients they serve. You can see it in their faces."

When asked what it felt like to win the June Dahmer award Himmelman replied, "It makes me feel like a million bucks."



(Photo by Aimee Wilson)

Monica Himmelman received the June Dahmer award in the support-staff category at the Disability Services awards ceremony March 13. She was nominated by Sandra MacKinnon, a human services foundation student.

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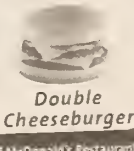
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# Nail polish put to the chip-proof test

By MARCY CABRAL

(This is the second in a three-part series rating the best beauty products.)

It's been two days since the last fresh coat of thick, red nail polish was painted on your perfectly manicured nails. You look down at your fingertips as you continue to type on your computer and notice a chip on two nails. What do you do? Run and get the nail polish and touch up the nails, or, do you remove the nail polish altogether, throw out the bottle and vow to never purchase nail polish again? Well, I've taken three popular nail polish brands and put them to the ultimate experiment; the chip proofing test.

## Sally Henson Chrome Nail Makeup

This product comes in a variety of colours, all of which have a metallic finish to them. Sally Henson specializes in nail care, and in doing so, has created a reputation of trust and integrity. The com-

pany's "Hard as Nails" line is extremely popular and actually works to dramatically increase the strength of soft, brittle nails.

Natalie Aston of Cambridge has been a Sally Henson user since she was 13 years old.

"I love the product. I used to have soft nails that broke all the time, and then I tried the Sally Henson line and I haven't switched since," the now 23-year-old said.

She recently tried the Chrome line and instantly fell in love. She said it's the perfect nail polish for anytime and anywhere.

Diana Hau, an esthetician for Sharons Nail Elegance in Kitchener, agrees with Aston's view. She believes the Sally Henson lines are ultimately the best products on the market.

"They're relatively priced to match the competitors and they perform excellent under pressure," she said, as she applied a topcoat to a client's freshly air brushed nails.

Aston applied the Chrome Nail

Makeup, and four hours later proceeded to accidentally snag her nails along a kitchen cupboard.

"I knew they could take it," she said, staring down at her still intact nails. "I always lose some polish whenever I do that, but not this time."

Aston was so impressed she eagerly began washing the dishes overflowing from the sink. She was determined to prove her favourite product could even withstand washing dishes.

"Look, still all there," she said, drying her hands. "Not a scratch or chip. Just beautiful colour."

Seems too good to be true, right? Well, after passing all of Aston's tests she was asked if there were any problems with the product.

"It breaks my heart to say this, but when you apply it you have to go easy on the amount of colour per stroke, or else it tends to go on pretty thick. But other than that, this is fantastic."

**Rating:** Five out of five



(Photo by Marcy Cabral)

Nail polish has a nasty habit of chipping away after a few days, or sometimes even hours. But in today's market some products are chip resistant and worth the extra money.



## L'oreal Jet Set

This brand stands by its name. L'oreal Jet Set does just that, sets dry in less than three minutes, but unfortunately, that's all it does.

Debbie Cordeira tried the Jet Set and removed the nail colour after three days.

"I thought it was going to be awesome," the Waterloo mother of two, said. "It was perfect for me. It dried in less than three minutes and it came in some pretty cool colours, but it also had some classic colours as well."

For Cordeira, taking care of two small children does not leave her much time to paint her nails, or much else, for that matter. So when she saw the Jet Set brand she grabbed a colour she liked and ran out the door.

"It was fine going on. It wasn't clumpy or thick; it was surprisingly smooth. But then, I went to put on the second coat and all I got was those wet brush marks all over my nails."

She said after she let the first coat dry for about 10 extra minutes, after the initial three-minute jet set, she then proceeded to apply the second coat with some success. But the accomplishment was short lived.

"After they dried I got up to fold some laundry and I scraped the edge of the laundry basket. And sure enough, a chip was already there. I was not impressed."

"The thing about quick dry polishes is that they're best suited for quick one-time coats," Hau said. "If you want to apply a second coat, you have to wait for the base to fully dry before applying the next coat, and most people don't have the time for that."

Hau says there is no real set dry-

ing time for any brand of nail polish. She recommends staying away from quick dry polishes unless it cannot be avoided. She believes if you're going to paint your nails you should wait until you have the time to do it right.

**Rating:** Two out of five



## Maybelline Wet Shine Wet Look Nail Colour

This product promises to provide a just-polished look to your nails every time. However, one problem Sophia Capelli found was that she never knew quite when the polish was dry.

"I was afraid to touch it, just in case it wasn't dry yet," the 24-year-old said. "I hate having those finger touch marks on your nails. It drives me nuts."

She said the application was smooth and easy, and she doesn't think it took too long to dry, but she was still too afraid to touch her nails.

"Maybelline has a good product line as well," Hau said, flipping through her appointment book. "They stick by their products and for the most part they work great."

But she does advise people to watch out for the Maybelline quick dry polish for the same reasons as the L'oreal Jet Set polish.

Capelli was pleased with the product and said she only got a chip when she was searching through her purse for her keys, and her nails found them.

"All in all it was a good nail polish," she said. "I would probably buy it again."

**Rating:** Three out of five



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# Teeth whitening all about the cost

By MARCY CABRAL

In today's society, smiles have become an integral part of making a good first impression. As a result, there are millions of Canadians who dislike their smiles. So, companies like Crest and Colgate have targeted this growing demographic with products such as Crest Whitestrips and Colgate Simply White. But what's the difference between bleaching with these products, and using products sold at dental offices?

Basically, it comes down to cost. A box of Whitestrips will set you back about \$40. A bottle of Simply White costs about \$15. But be advised, both treatments are not quick fixes to a new smile. In fact, it's recommended that in order to keep your teeth looking their whitest, a treatment should be reapplied every six months.

But this is no different than a professional dentist's bleaching treatment. At the Fairway Dental Clinic at Fairview Park Mall, the dentists recommend and sell Nu Pro Gold, an at-home bleaching kit. The only exception in purchasing a kit from your dental office is, of course, the cost. One box of Nu Pro Gold will set you back \$350. However, this does include a dental impression of your teeth, in order to create a proper-fitting mouth guard for the whitening material to be placed in, and enough material for a six-week treatment, with enough left over for a few touch-ups, every six months. But wait, there's more, you also get a dental approved whitening product. But is it worth the big cash difference?

According to Niki Blyde, a certified dental assistant with the Fairway Dental Clinic, it all comes down to making an informed personal choice.

"When you go to the pharmacy and get whitening strips, or whatever other product, they do still work, just not to the same extent."

With the dental bleaching kit you



(Photo by Marcy Cabral)

Teeth whitening has become a popular social trend and people are spending as much as \$350 for a new, brighter smile.

get form-fitting mouth guards that are made specifically for you, she said. You know the material is actually fitting properly around your teeth, which allows it to do a better job, and isn't going over the edges into your saliva.

The Canadian Dental Association agrees with Blyde's statement. The Web site, ([www.cda-dca.ca](http://www.cda-dca.ca)) specifically states that not all kits are the same, and it is best when bleaching teeth to see your dentist, so any and all side effects can be monitored.

"The only real side effect is that some people get sensitive teeth to cold," Blyde said. "But that usually goes away. However, a major disadvantage of whitening is if you have fillings it won't whiten them. The products only whiten natural teeth."

This holds true for people who have implants, root canals or have undergone any other dental work that would alter the natural state of a tooth.

But according to Blyde, the desire to have a beautiful white smile overpowers people, and they

will replace fillings and sometimes even replace an implant to gain their desired whiteness.

For Melanie Samms, whitening her slightly off-white teeth was not particularly important. Three years ago she had one of her top front teeth replaced by an implant tooth. At the time, her teeth were not considered to be overly stained, but three years can do some damage.

"I wouldn't consider my teeth to be badly stained," the 25-year-old Kitchener resident said. "But it would be nice to brighten them up a bit. Nothing overly dramatic, maybe just a shade."

But in order for this to happen, Samms would have to go through another implant procedure, replacing the original implant with a whiter tooth. She would also have to qualify for another loan to cover the cost of the highly expensive treatment.

Teeth stains are often caused by dark, harsh products, such as coffee, tea and tobacco, which get into the enamel of the teeth. In order to

break down the stains and whiten the enamel, bleaching products open the teeth's pores, draw out the stains and then fill in the pore with new, whiter enamel. Since the procedure is heavily based on how the tooth enamel reacts to the product, implants and other fake teeth can't be whitened because of their lack of natural enamel.

However, if you don't read the fine print on the packaging of Crest Whitestrips or Colgate Simply White, you'll begin whitening your teeth, but the implant tooth will remain its original colour.

"I'm so lucky I actually talked to my dentist," Samms said. "If he hadn't told me, I would've bought the Colgate Simply White and been none the wiser."

Before she was aware of the problem with whitening her teeth, Samms had done some research and discovered that Colgate Simply White was the best product for her.

"I went to the pharmacies and priced them out. I read how long they take and what you have to do. And actually, I originally decided to go with the Whitestrips, but a friend of mine had just purchased them and hated them to the point where he couldn't use them anymore."

Samms' friend Kyle Haywood purchased the Whitestrips and was looking forward to a brighter smile. He placed the clear adhesive strip over his front top teeth and went to watch television, while he left the strip in for the required 30 minutes. After about 10 minutes, Haywood began to get a funny taste in his mouth.

"It was beginning to dissolve in my mouth," he said. "All I could taste was this awful thing and I still had 20 minutes to go. It got gooey and worse tasting after about five more minutes. So I spit it out, and threw out the box at the same time."

For Haywood, a whiter smile wasn't worth the awful taste, but now he was \$40 in the hole for a

product he couldn't, or rather, wouldn't use.

"I don't recommend those things to anyone," he said. "But if you want to go through having that gooey thing dissolve in your mouth for 30 minutes, twice a day, for two weeks, than having white teeth must be super important to you."

After hearing his story, Samms decided to try the brush-on method of Colgate Simply White.

"It sounded so simple. Dip the brush, apply the product and repeat twice a day for 14 days. Sounds easy. Then I talked to my dentist."

Not only did Samms' dentist tell her she couldn't use the product, but that with Colgate Simply White you can't put your lips over your teeth for two minutes. This is a preventative measure to ensure the substance doesn't get washed away by saliva, and remains on the teeth.

Even with the awful taste of Crest Whitestrips and the possibility of washing away Colgate Simply White, people are still purchasing these products over bleaching kits.

"I think it has a lot to do with cost," Samms said. "I mean who wants to spend \$350 and visit their dentist, when you can get a quicker and cheaper result by just walking into Wal-Mart or even Zehrs? These companies have made it so easy, it's almost scary."

Yet, even with the accessibility and evident lower cost of these products, people are also still making the choice to purchase bleaching kits from their dentist.

"I know if I had the option I would buy from my dentist," Samms said.

"After doing the research and hearing stories about the products, if I could, I would go with the Nu Pro Gold my dentist sells. If anything, I would buy it for the piece of mind that my dentist sold it to me, and not some high school kid at Wal-Mart who doesn't know anything about the product. But hey, that's just me."

## Women of Distinction awards has 58 nominees

By JEFF MORLEY

The Women of Distinction awards in Guelph shed light on an unassuming group of women. For Hanna Boos, her nomination for lifetime achievement was a surprise.

She explains that a co-worker from Wellington Hospice, Keith Conrad, submitted the nomination. "I wasn't expecting it."

This year marks the eighth annual Women of Distinction awards in Guelph. There are 58 nominations for eight different categories, including lifetime achievement.

The award winners will be announced at the River Run Centre May 15.

Boos earned the nomination for 20 years of volunteer work, and more recently, for creating an art therapy course at the Wellington Hospice. The clay pottery course focuses on palliative care patients, the terminally ill, and the grief-stricken.

The clients can gather their tools, their lump of clay and they have the chance to create something. "What is so amazing for them is that they totally forget about their pain and worries in their life for a few hours."

Boos also enjoys teaching her craft and she loves to work with people. The sculptor also says that it is exciting to watch people build something with the clay. "You can tell a lot about people as they build up a piece; as they express themselves."

While the course runs once a week, Boos also volunteers to relieve caregivers and give them a break. While no nursing duties are called for and Boos is not required to handle any problems, her job is still important.

"It just matters that I am there as a human being ... We find that if we can share with someone who is dying, it is very special. I think because we have so much, we should share with others."

The Wellington Hospice provides

care for the terminally ill and works to assist clients and their families through the ordeal. The hospice looks to improve the quality of life of its clients by offering comfort and dignity.

Sue Richardson, the YMCA-YWCA honorary chairwoman for the awards, says that the event is important for women, including Mae Potten whose neighbour nominated her. Potten spends her time visiting with the elderly and those people who have difficulty leaving their homes.

The March 7 issue of the Guelph Mercury reported that Stacy Kempel was nominated for the Young Women of Distinction award. The OAC student got to know a woman who used the Rural Women's Shelter. She then decided to develop a program where abused women could tell their stories to teens.

Richardson says, "It is wonderful to be recognized as a woman of distinct achievement. I think women often work invisibly."



(Photo by Jeff Morley)

Hanna Boos, a sculptor and volunteer at Wellington Hospice, is up for a lifetime achievement award.



# Life of David Gale keeps audience guessing

By DENIS LANGLOIS

Action, adventure and an unpredictable ending make the Life of David Gale a sure-to-please hit.

The movie is about David Gale, an opponent of capital punishment who finds himself on death row for the murder of his co-worker and close friend. Gale, played by Kevin Spacey (Seven, American Beauty), relies on a famous magazine reporter, played by Kate Winslet (Titanic, Iris), to discover the truth about the murder, so Gale's son can understand the reason behind his father's inevitable death.

Most of the movie retraces the events leading up to Gale's arrest through a series of flashbacks, which Gale discusses with the journalist.

Before getting arrested, Gale was an esteemed university professor who seemed to have everything he wanted. But things were different than they seemed. Gale's wife was having a long-term affair and left their son with Gale while she took frequent trips to Europe to see her lover.

At the university, one of Gale's

students vowed to do whatever it took to pass his class.

Gale begins to drink because of his wife's affair and, during a school party, he has sex with the desperate student, after she gets



terminated from the school.

Later, the student accuses Gale of rape and his life goes downhill from there. He loses his wife, son, job and reputation. He sinks further into depression and relies more on alcohol to get him through each day.

After passing out in his car after a night of drinking, Gale is arrested for the murder of his colleague.

The details of the murder turn out to be more complicated than we first assume. In the end, it is up to the journalist to discover the truth about the murder and whether Gale is innocent or guilty.

This is a fantastic movie that will keep you guessing from the opening scene. The writer and director are excellent at dropping subtle clues throughout the movie, which slowly unravel how and why Gale may have committed such a violent crime.

In the end, the truth about the murder comes together beautifully. Like other Kevin Spacey's movies, the Life of David Gale has a shocking and riveting ending.

Spacey does a wonderful job of portraying Gale and proves once again that he is one of the best actors of our time. Winslet's performance is also impressive and she is believable as the naïve, yet intelligent journalist.

This movie has the perfect amount of suspense, action and adventure and is guaranteed to keep you glued to the movie screen.

I was pleased and shocked by the ending, which you will think about for days after leaving the theatre.

The Life of David Gale is a perfectly directed, acted and scripted movie that is both original and intense.



## Horoscope

Week of March 24 - 30



### Happy Birthday Aries

You are going to be busy on your birthday. Try to finish up any extra work or projects before you celebrate. Otherwise you could stretch yourself too thin.



### Libra September 24 - October 22

That person who you've been admiring probably feels the same way about you. Take the initiative to let him or her know how you feel.

Luckiest day: March 26.



### Aries March 21 - April 19

A relationship will be getting stronger, either with a friend or a partner. Take the time to let your friends know how helpful they are.

Luckiest day: March 28.



### Scorpio October 23 - November 21

You will finally be able to celebrate. All the efforts you've put into projects will start to payoff. Take the time to enjoy your success.

Luckiest day: March 18.



### Taurus April 20 - May 20

If you are feeling stressed, make the time to take in your surroundings. A nice walk could ease your tension.

Luckiest day: March 29.



### Sagittarius November 22 - December 21

If you are not careful you could be hurt emotionally over the next while. Be cautious with whom you trust, someone is out to stab you in the back.

Luckiest day: March 26.



### Gemini May 21 - June 21

An authority figure could be adding some unneeded stress to your life. The best way to defeat that person is to let her or she think he or she has won.

Luckiest day: March 24.



### Capricorn December 22 - January 19

Make sure you record anything unusual about your dreams. Your subconscious could be trying to help you with a problem.

Luckiest day: March 26.



### Cancer June 22 - July 22

Pay close attention to your dreams over the next while. They could be either telling you how to fix something or warning you of a problem.

Luckiest day: March 25.



### Aquarius January 20 - February 18

A struggle within the family could be making things tense. It's best not to bring up the past as it does not apply to the current situation.

Luckiest day: March 29.



### Leo July 23 - August 22

Make sure you help the people who may have once helped you. If someone around you is down, take the time to get them through a problem.

Luckiest day: March 29.



### Pisces February 20 - March 20

If you are feeling alone or trapped know it is only temporary. Better days are ahead, but before they come you'll have to start thinking optimistically.

Luckiest day: March 28.



### Virgo August 23 - September 23

A dispute with a colleague could add to the stress you already have. The best way to avoid this situation is to let this person think he or she have won.

Luckiest day: March 20.

*Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.*

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CREATING OPPORTUNITIES FOR THE NEW MILLENNIUM



# Cambridge conservatory tutors Canadian Idol hopefuls

By NICOLE CHILDS

Do you think you've got what it takes to stand on a stage and sing your heart out? Most don't, but help is available before auditions for Canadian Idol open in Toronto in May.

Area 16 to 26 year olds who want to try out for the Canadian version of the American talent search show are encouraged to seek singing and stage presence lessons through the Cambridge branch of the Ontario Conservatory of Music.

Dave Hinschberger, manager of the conservatory, said the classes are slowly gathering momentum with nearly a dozen interested. He feels that while others who inquire about the classes may be interested, they are afraid to try out.

"A lot of young people are interested in Canadian Idol but may be fearful of the actual contest."

Hinschberger said that according to the contests rules and regulations, a winner will be chosen based on his or her overall package including vocal skills and the way he or she acts in front of an audience. CTV is hoping that the winner will be someone they can market.

Of his own students Hinschberger said, "They've got the voice but they stand there like a stick when they perform because they don't know what to do with themselves."

The lessons consist of three private vocal lessons and four or five

stage performance classes. The conservatory is using actors and instructors from the Galt Little Theatre to work with the students on their stage presence. They will focus on teaching them how to move their hands and bodies while performing.



With the vocal lessons, Hinschberger wants to help students get the best range out of their voice and help them build up their confidence.

"Obviously it's going to be a Canadian so who says it can't be from here. Who's to say a voice in Cambridge isn't as good as one in Vancouver."

Dave Hinschberger,  
Conservatory manager

"A person who's got enough confidence should have a good voice," he said, although he added that

while some may be confident, they may still need some brushing up.

Hinschberger said the lessons could possibly extend into other areas. Students have expressed a desire to receive make-up and appearance advice. But he feels that practise performing is still the best help he can supply. "We want them to gain experience so they come across better for the performance."

While he expects that most who join his class will have already chosen a piece to work on, he hopes to help his students know what songs are best for their range. All audition pieces for the contest must be sung a cappella, which means without accompaniment.

Hinschberger said he's seen a range of talent and added that he would never turn anyone away from the lessons. "If they've got the guts to do it then they should just do it and if we can help them with it, so much the better."

So far, according to Hinschberger, no other music studios are offering similar lessons. He said he jumped into the lessons because he had so many students asking for them.

When asked if he thought the first Canadian Idol could come from Cambridge he said, "Wouldn't it be wonderful. Obviously it's going to be a Canadian so who says it can't be from here. Who's to say a voice in Cambridge isn't as good as one in Vancouver."

# Stay tuned for more reality TV

By LESLEY LEACHMAN

The spring season brings us many things. Birds return from the south, flowers bloom, the grass grows and a new instalment of reality television shows hits prime time.

Some debuting reality shows have new concepts, while others are just regurgitations of existing shows.

For instance, All American Girl debuted at the beginning of the month and was created by Simon Fuller and Nigel Lythgoe, the inventors of American Idol. It has the same idea as American Idol in that it's still a talent search, but this time they're looking for girls who have more to offer than just a good voice and a pretty face. The contestants are judged on their intelligence, talent, athletic ability and beauty. The winner will obtain a management contract from Fuller's company and a chance to enter any field they like.

Apparently, the divorce rate in the U.S. isn't high enough. Married by America also debuted at the beginning of March. In this show two single men and two single women will have five possible mates chosen for them. Family and friends are involved in the choosing, but it will ultimately be up to the American public to decide. Evidently, the contestants on this show learned nothing from the now divorced couple on Who Wants to Marry a Millionaire?

On March 8, the TLC network brought us the debut of What Not to

Wear. Those who failed to follow the clothing trends of today were nominated by their friends and families to appear on the show. They received advice from stylists and then were given \$5,000 to find a new look. They are to buy new clothes, redo their makeup, and get a new hairstyle. Each episode reveals a new-and-approved contestant.

Nashville Star also debuted on March 8. It's the same idea as American Idol, in that each competitor performs songs and those who can't cut it are eliminated. However, in this show the contestants' personal lives are detailed as they compete.

At the end of the month The Bachelor will enter its third season. The format will remain the same, however, this time the single guy is of high-class status. According to the ABC network, he is from a renowned family.

Debating at the start of April is the series Scare Tactics. Former Beverly Hills 90210 star Shannen Doherty will host this creepy show. It features victims being subjected to horror film-like scenarios, while being filmed by a hidden camera.

Reality television shows are a lot cheaper to make than regular sitcoms because they don't have to pay actors or script writers. Since the reality show Survivor brought in such high ratings, every television station wants a slice of the success. Therefore, more reality shows will be dominating the networks for many seasons to come.

# The joy of reruns

We all do it. We get home, kick off our shoes, take a seat on the couch, turn on the tube and watch some reruns.

From Seinfeld to Simpsons, Everybody Loves Raymond to Third Rock From the Sun, we are spellbound everyday.

Sure, we could be doing homework or cooking dinner, but the rerun takes control. The title song comes on, and we can't turn our eyes. Then the humming starts and we can't wait for the show to start.

The biggest problem with reruns are that they are always on. They can't be avoided. Every channel has them. Most channels have the same one. I can't even count on two hands how many times a show like The Simpsons is on. I can catch them at 5 p.m., 6, 9, 10, 11 or 12.

But The Simpsons isn't the only show that is on constantly.



James K.  
Doyle

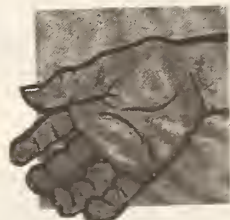
Opinion

Seinfeld, Everybody Loves Raymond and Friends only add to our rerun enjoyment. But how can they take over our lives so easily?

I think the appeal of the rerun is we know the jokes. We feel like Jerry Seinfeld making a crack or Homer Simpson acting like a fool.

The rerun lets us escape our everyday lives by becoming a comedian, cartoon or detective. So let's not shun the rerun, let's embrace it. Let us find our favourite spot on the couch, turn on the TV, and channel surf through reruns like we never have before. I know I will.

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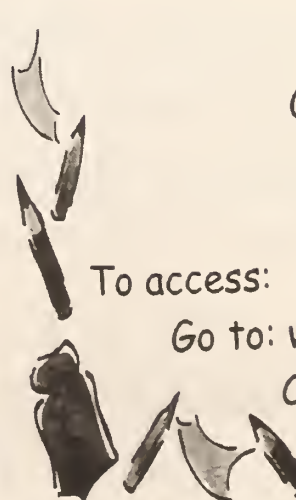
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# Raptors show no effort

By NICK HORTON

Have the Toronto Raptors forgotten how to play basketball?

Every team goes through slumps, but losing to the Denver Nuggets! The Denver Nuggets record is 14-51. The only team worse in the NBA is the Cleveland Cavaliers with a record of 11-53. The Nuggets have lost 15 of their last 17 games.

The Toronto Raptors are playing the season out with little or no effort at all. Fans are getting discouraged when they tune into a game and see Mamadou N' Diaye getting 22 minutes a game. No offence to the guy, but with the depth of the Raptors bench and the cast of characters in the starting lineup, he shouldn't be getting close to that many minutes.

Two nights before this pathetic excuse for a game, the Raptors lost to the Memphis Grizzlies. No comment needed. To rebound off of

these two losses, the Raptors followed up by being blown out twice, first to the Portland Trail Blazers 125-103, then to the Sacramento Kings 119-84. Now granted, the Trail Blazers and the Kings aren't exactly a walk in the park, but is

**The Toronto Raptors are playing the season out with little or no effort at all. Fans are getting discouraged ...**

one win too much to ask? Injuries aren't an excuse for the Raptors anymore. Sure, Jerome Williams missed a few games, but can't the Raptors win without him?

Coach Lenny Wilkens knows his players have lost their passion to win. After the Sacramento loss, Wilkens commented on his team's frame of mind. "Right now it's

pretty bleak ... I'll continue to push them and make them understand they are professionals and professionals don't quit," Wilkens stated.

In the blowout, compliments of Sacramento, Vince "Air Canada" Carter played only 29 minutes and sat out the fourth quarter. Sounds like a franchise player to me.

Want to know how bad it is? Even the overenthusiastic Raptors rally man and play-by-play commentator Chuck Swirsky is disappointed in the team. "Raptors fans deserve better than this," he said after the loss to Sacramento.

On March 16, the Raptors lost to the Clippers by one point. In the words of Swirsky, "Are you kidding me!"

The Toronto Raptors need to regroup, understand they aren't the same team of two years ago, even though player-wise they are, and put together a few wins before the end of the season. If they don't, it's going to be a long training camp.



(Internet photo)

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(Photo by Brandi Stevenson)

Dynasty goalie Brett Snider stops a shot from a Gemmell's player in the intramural ball hockey quarter-final on March 10. Gemmell's won the match by a score of 8-4.

## Gemmell's trick Dynasty

### Quarter-final match won shorthanded with two hat tricks

By BRANDI STEVENSON

In sports the only figure that matters in the end is the score. Even though they were outnumbered, with five against eight, Gemmell's trounced Dynasty 8-4 in the intramural ball hockey quarter-final on March 10.

Scott Novosad from Dynasty scored the first goal of the game. But, Gemmell's wanted to show their competition they meant business. After a short scrum, they managed to tie the game, and by the second period they had broken the tie to make it 2-1.

Russ Butler, from Dynasty, said his team was excited to be in the playoffs. "We're playing hard right now," he said at the beginning of the second. By the end of the period, Dynasty managed to steal a 3-2 lead when Terry Samon fired a

hard shot at the net and John Savoski took advantage of bad positioning by the goalie.

Knowing they were at a disadvantage, Dave McArthur, a player on Gemmell's, said his team had to hustle if they were going to make a comeback in the third.

**"It feels pretty good, but we haven't won yet."**

*Chad Gemmell,  
Gemmell player, after  
completing a hat trick  
and tying the game*

Hustling is exactly what they did and two players managed to get hat tricks. Chad Gemmell, who completed his hat trick first, said, "It feels pretty good, but we haven't

won yet." His third goal broke the tie to make it 4-3.

Shortly after, Matt McHugh scored two goals in a row to go along with the one he scored earlier. He said the game "was aggressive, but fun."

Dynasty wasn't going to give up easily, and quickly scored. Unfazed, Gemmell's scored two more goals to finish the game off at 8-4.

Dynasty, which was in sixth, is now out of the playoffs. Gemmell's which was in third place, advanced to the semi-final on March 13. They beat Dog Faced, the second-place team.

In the other quarter-final game, Vas Deferns, in fourth place, played against fifth place team Beta Cama Pie, and won. Vas Deferns went on to defeat first place team, Garibaldi, in the March 13 semifinal.

## Legends go on to soccer final

By BRANDI STEVENSON

Soccer is a passionate sport enjoyed by millions of people around the world. Legends and the Scouts felt this passion during their intramural semifinal on March 13. Legends won 4-1, but some said they didn't win fairly.

"The referee is friends with the other team," said Scout's player Duc Vu. "(He's) biased and unfair."

Scouts started complaining about bad refereeing after some members of the Legends were getting aggressive and the ref wasn't calling it.

"One of them tripped me and pushed me against a concrete wall," said Eddie Raimundo, as he looked at his bleeding knee.

However, referee Mickey Vukovic said he wasn't playing favorites. "I called everything I saw," he said, adding, "I can't score

(goals) for them."

Refereeing aside, the game was a hard-fought battle on both sides.

Scouts put pressure on their opponents by scoring first. Raimundo, who also plays in a soccer league, said it felt really good to score the first goal of the game.

But, Legends responded quickly by tying the game and building on that. Their goalie, Alex Gaic, was a big part of Legends' success. Not only did he stop the Scouts' advances, but he also scored twice.

Legends captain Bojan Vidic was happy his team was advancing to the finals, and was confident about the game. "We knew we were going to go to the finals since we started," he said.

Legends faced Soccer Kicks on March 19 for the season championship.



(Photo by Brandi Stevenson)

Vas Deferns and Gemmell's players struggle for the ball during the intramural ball hockey final on March 17. The Vas Deferns won the watch 4-1.

## Vas Deferns king of ball hockey

By BRANDI STEVENSON

If at first you don't succeed, try, try again. That's exactly what Vas Deferns did to win the intramural ball hockey championship on March 17. After making it to the final game three years in a row, they finally managed to come out on top.

"I think we're due for a big win," said the team's captain Jeff Darroch before the game.

He added their strategy was to move the ball and try not to allow any goals. This strategy seemed to work well for them, since they beat Gemmell's 4-1.

Ben Goodings opened up the scoring for Vas Deferns when Gemmell's were changing players early in the first period.

During the second, the ball slowly trickled in after Vas

Deferns player Brent MacDermid tipped it in. Gemmell's tried to fight back with a hard shot from Dave McArthur, but the goalie was quick to defend his net, and the rest of his team jumped on the rebound.

Although they were down 2-0 heading into the third, Gemmell's weren't discouraged.

"This is where we get our second wind," said netminder Dave Roy.

But the team was quite winded, since they only had one extra player while their counterparts had seven extras crowding the bench. To make matters worse, the final was played on the whole court, when it was divided in half for previous games.

"We were relying on half court, but we're not going to make any excuses,"

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# Batter up for the new baseball season

By MARC HULET

(This is the first part of a two-part look at the 2003 Major League Baseball season.)

It was an exciting year for baseball fans last season.

No one expected the Anaheim Angels to end the season as world champions and this year teams are poised to deliver another thrill ride for fans of the American League.

## New York

The New York Yankees are aging, but they won't give up their annual trip to the playoffs without a fight.

They have the oldest pitching rotation in baseball. However, it is also one of the best and it has a lot of depth.

Mike Mussina, Roger Clemens, Andy Pettitte and David Wells are top-of-the-line competitors any team would love to have.

The Yankees can also count on newly acquired Cuban import Jose Contreras, the emotionally unstable Jeff Weaver and disappointing Sterling Hitchcock to round out the starting staff and provide some much-needed innings in the bullpen.

Japanese import Hideki Matsui was given a huge contract in the winter to leave Japan's professional league to play in New York. Scouts are mixed over how well he will adjust to playing in the major leagues but he was considered the best ball player in Japan.

We should also see outstanding seasons from Jason Giambi and Alfonso Soriano.

Giambi is entering his second year in New York and will likely be a contender for MVP by the end of the season if New York is in the playoff hunt.

Soriano is poised to become one of the greatest in baseball but he needs to become a little more selective and patient at the plate.

## Boston

The Boston Red Sox seem determined to be the team that unseats the Yankees as the powerhouse in the American League. They could very well do it this season.

The Red Sox cannot compete with New York's potent lineup but they have an excellent starting rota-

tion and a solid lineup that could explode on unsuspecting opponents this season.

Pedro Martinez is the leader of the rotation and quite possibly the best starter in the American League if he can stay healthy.

He and teammate Derek Lowe both won 20 games last season and were dominant most of the season.

What makes it all the more impressive is that Lowe was in his first year pitching full time in the starting rotation after spending most of his career as a closer.

Boston also has underrated knuckleballer Tim Wakefield and promising young lefty Casey Fossum.

A lot of teams tried to pry Fossum away in off-season trades, but Boston refused to part with him, even for top pitcher Bartolo Colon.

Johnny Damon, new second baseman Todd Walker, Nomar Garciaparra and Manny Ramirez make for a potent top of the batting order.

## Minnesota

The Minnesota Twins, a surprise team in 2002, enter this season as one of the best teams in the American League.

But they don't have the element of surprise this time around and it will be interesting to see how their young players handle the pressure and expectations.

Minnesota also boasts a solid starting staff, although they did take a little bit of a hit when Eric Milton tore up his knee this spring and will miss four to six months after surgery.

Not to be deterred though, Minnesota went out and signed veteran lefthander Kenny Rogers to take Milton's place in the rotation.

Along with other veterans Brad Radke, Joe Mays and Rick Reed, the Twins look solid. They also have youngster Kyle Lohse penciled in as the fifth starter and young stud Johan Santana waiting in the bullpen should more injuries arise.

Santana actually out-pitched the veterans during a stretch last season and could easily be a number 3 starter on most other teams right now. He struck out 137 batters in

108 innings last season while bouncing between the rotation and bullpen.

Minnesota's weakness lies in their young, albeit talented, hitters. Jacque Jones, Torii Hunter and Corey Koskie all have the tools to be all-stars but they have yet to prove that they can put up those types of numbers on a consistent basis.

It will also be interesting to see who takes over in right field from a group of talented youngsters that includes Bobby Kielty, Dustan Mohr, Michael Cuddyer and Michael Restovich.

## Chicago

The Chicago White Sox have benefited more than any other team from Cleveland's decision to dump salary and start a rebuilding process.

The White Sox have not gotten a whole lot better over the past few seasons but they have stayed consistently good, while long-time league leader Cleveland has plummeted.

That said, Chicago did make a significant upgrade to their starting rotation - a source of weakness in the past - this winter by acquiring the aforementioned Colon.

Colon and Mark Buehrle give the Sox two big-time winning pitchers at the top of their rotation.

Unfortunately the rest of their starting staff is young and inexperienced. For them to be a dominant force, Danny Wright, Jon Garland or Jon Rauch will have to step up.

The true fate of Chicago will probably lie in their offence, which the team has been built around for a number of seasons now.

Frank Thomas is back after testing free agency and realizing that no one was really interested in him and his declining abilities. He has a lot to prove this season and if he can be a dominant force, it makes the rest of the players in the lineup that much better.

Paul Konerko, Magglio Ordonez, Jose Valentine and Carlos Lee all offer above-average offence and second-year third baseman Joe Crede has a lot of potential as well.

The only real glaring weakness in the lineup is a lack of speed. Chicago did not replace the speed they lost

after trading Ray Durham to Oakland late last season.

## Oakland

The Oakland Athletics have arguably the best overall rotation in baseball, especially when you account for how young their pitchers are.

Tim Hudson, 27, Mark Mulder, 25, and last season's Cy Young winner Barry Zito, 24, have all won 20 games in a season and have the ability to continue winning big for years.

Number 4 starter Ted Lilly battled some arm problems after coming over in a trade from New York last season, but he has been lights out in spring training so far this spring.

Aaron Harang rounds out the rotation and has a lot of promise heading into his second season. Minor leaguers Rich Harden, John Rheinecker and Mike Wood are all waiting for the opportunity to join this illustrious staff and they have the talent needed to fit right in.

Despite losing the likes of Jeremy Giambi, Johnny Damon and Ray Durham to free agency, the A's continue to roll right along thanks to their awesome pitching and ability to develop solid major league batters and make key trades.

First baseman Erubiel Durazo was brought in from Arizona in the off-season and he could hit 40 homeruns and bat .300 if he can stay healthy and DH part of the season.

Eric Chavez and Miguel Tejada, last season's American League MVP, were both developed by the organization and are two of the most promising hitters in baseball.

They are both capable of more than 30 homeruns, hitting .300 and driving in more than 100 runs.

Unfortunately Tejada is a free agent at the end of the season and the A's would be smart to trade him now for some quality prospects. They aren't likely to be able to afford Tejada's asking price because they are a small market team. The money they save on Tejada could be used to lock up Chavez long term and also to lengthen the contracts of Hudson, Mulder and Zito.

## Anaheim

Anaheim, like Minnesota, shocked a lot of teams last season

and will have to live up to lofty expectations as reigning world champions.

They have a solid mix of veteran and young pitchers in their rotation but injuries have already begun to creep up.

Veteran Aaron Sele will miss a large chunk of the season with shoulder problems and will probably never pitch effectively again, despite having a large contract remaining.

Young ace Jarrod Washburn also injured his shoulder this spring and could miss the start of the season.

Kevin Appier is a solid veteran - and healthy - but he doesn't have the stuff he used to and is better suited as a number 3 or 4 starter but the injuries will push him up in the rotation.

Ramon Ortiz is a promising young pitcher but he has pitched the last couple of seasons with a small tear in his labrum and it could tear completely at any point. However, he still possesses a nasty fastball and won 15 games last season.

John Lackey showed why he was such a highly-regarded prospect going into last season by winning nine regular season games after a mid-season call up from the minors. He also won the seventh game of the World Series for the Angels.

Francisco Rodriguez was another heralded rookie who was sensational in the post-season last year, winning an unprecedented five games out of the bullpen. His pitches are absolutely nasty and he struck out 28 batters in 18 playoff innings.

The Angels don't have any perennial all-star-type hitters in their lineup but they have talented and consistent players in Garret Anderson, Troy Glaus, Tim Salmon and David Eckstein.

Eckstein and leadoff man Darrin Erstad possess tough-as-nails attitudes and their all-out efforts on the field rub off on teammates and serve as inspiration.

Their hitters must prove that last season's effort was not a fluke if they hope to compete again this season.

It will be a tight race to the finish of 2003 but chances are one of these six teams will find themselves in the thick of a hunt for the title of world champion.



(Photo by Tori Sutton)

## All clear

Students gather outside the E-wing during a fire alarm on March 14. The cause was a faulty detector on the second floor of the C wing. This was the second unscheduled alarm of the year.

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